

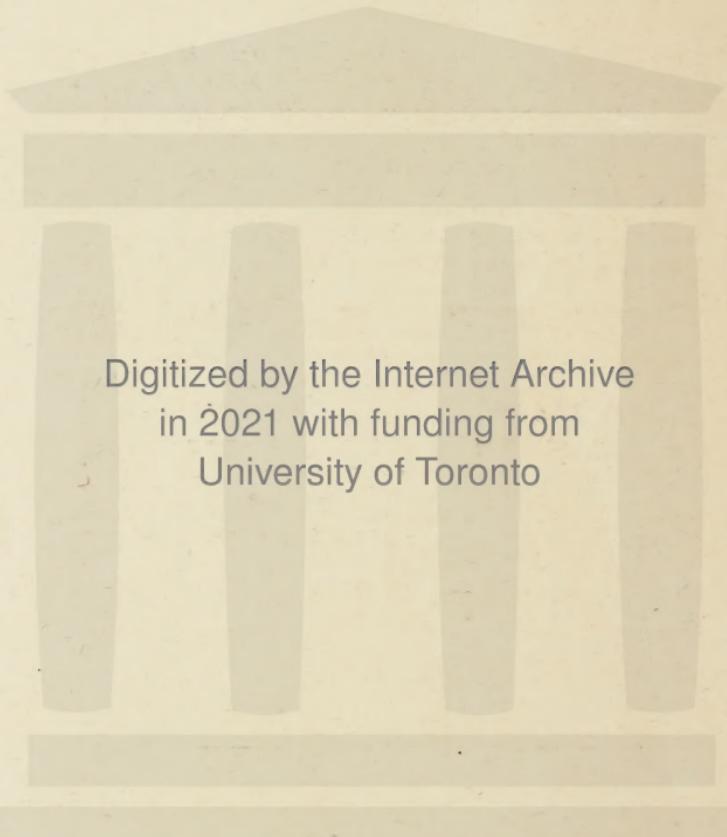
FROM THE WHEAT FIELD



SHREDDED WHEAT DISHES



TO THE TABLE



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SHREDDED WHEAT DISHES

SOME PRACTICAL AND ECONOMICAL RECIPES
FOR MAKING SHREDDED WHEAT DISHES
IN COMBINATION WITH FRESH OR
PRESERVED FRUITS, CREAMED
MEATS OR VEGETABLES

TOGETHER WITH A TREATISE ON

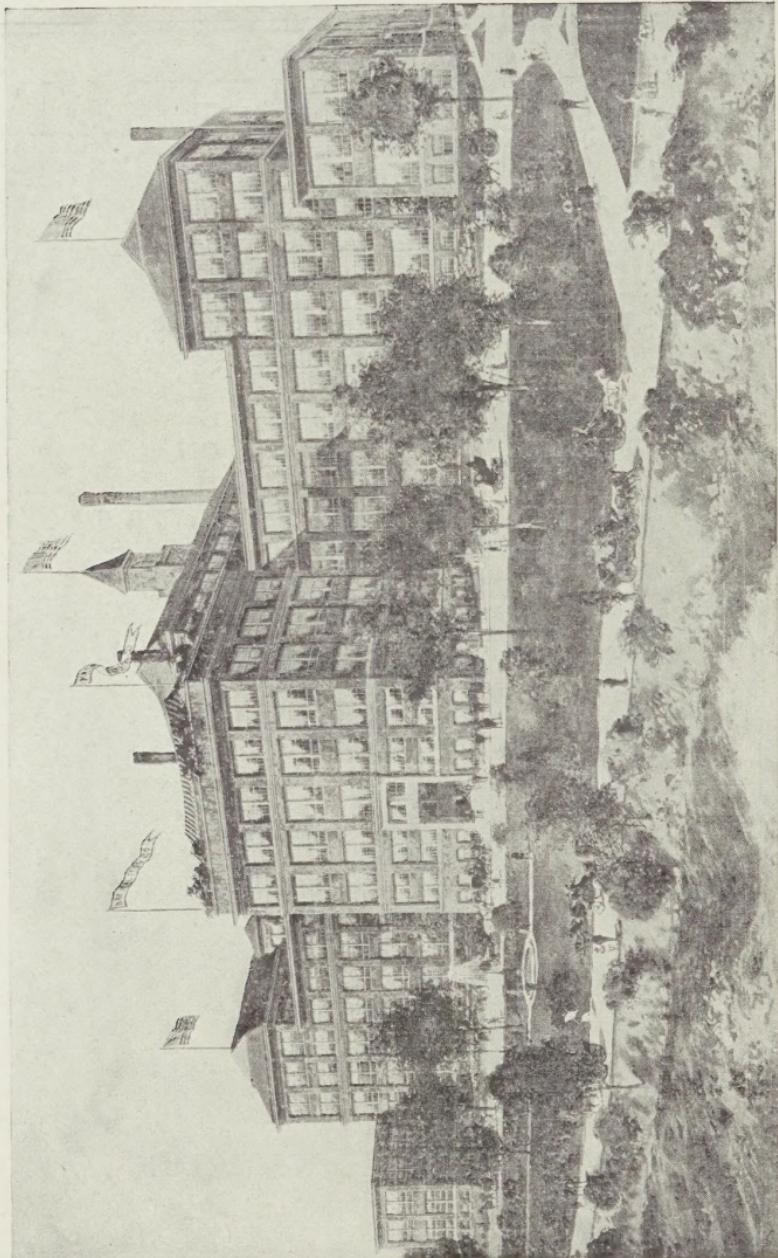
THE FOOD PROBLEM

AND ITS RELATION TO HEALTH AND
HAPPINESS, WITH A DESCRIPTION
OF THE FINEST, CLEANEST,
MOST HYGIENIC FOOD
FACTORY IN THE
WORLD

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THE SHREDDED WHEAT COMPANY
NIAGARA FALLS, N. Y.

THE CANADIAN SHREDDED WHEAT CO., LTD.
NIAGARA FALLS, ONT.



"THE HOME OF SHREDDED WHEAT"

THE FINEST, CLEANEST, MOST HYGIENIC FOOD FACTORY IN THE WORLD

Some Interesting Facts About The World's Finest Food Factory

Niagara Falls, New York

LOCATION. On Buffalo Avenue, in the finest residence section of Niagara Falls, far away from the smoke of factory or railroad; occupies ten acres, or one entire block, with a frontage of 900 feet on the upper Niagara River.

BUILDINGS. Main building 463 feet long and 66 feet wide; four connecting portions; united structure covers an area of 55,653 sq. feet, or a total of 4,500,000 cubic feet; the building has a floor space of about 5½ acres, and is finished in white enamel and hard wood.

USE. The main building is devoted to the manufacture of Shredded Whole Wheat Biscuit and Triscuit; the center section contains administration and educational features; the grand entrance hall or foyer for visitors; the general offices of the Company; the lecture hall or auditorium, seating over 1,000, for entertainments, lectures and conventions; the girls' dining room on the fifth floor, overlooking the river, where the noonday meal is served free; the roof garden or observatory; and comfortably furnished "Rest Rooms" for men and women employees.

INTERESTING DETAILS.

3,000 tons of steel.	844 windows.
4,000,000 brick.	1,000,000 feet flooring.
30,000 lights of glass.	300 miles electric wire.
10 tons of putty.	\$100,000.00 in marble and
35 tons of paint.	mosaic toilet and bath
200 tons of marble.	rooms for employees.

Total cost, building, equipment, \$2,000,000.00.

Open free to visitors every day in the year except Sundays.
Guides furnished free.

Ten Reasons

WHY SHREDDED WHEAT SHOULD BE IN EVERY HOME

1. It is the purest, cleanest, most nutritious cereal food made.
2. It is ready-cooked and ready to serve, requiring only a slight warming in the oven to restore crispness.
3. It is the only "breakfast food" made in Biscuit form, making it adaptable to all sorts of combinations with fruits, creamed meats or creamed vegetables.
4. It is economical. For breakfast the Biscuit is most palatable with hot milk. It requires no sugar.
5. It keeps better than any other cereal. It does not deteriorate. The Biscuit is just as good a year after it is made as on the day it is made.
6. It is not "treated" or "flavored" with anything—simply the whole wheat, steam-cooked and drawn into fine, porous shreds—nothing added, nothing taken away.
7. It is good for any meal, for any day, in any season, in any climate.
8. The shredding process makes it the most easily digested of all cereal foods.
9. The shredded or filamented nature of the product gives it greater culinary utility than any other wheat food. With it a complete, nourishing meal can be prepared "in a jiffy."
10. Its daily use keeps the stomach sweet and clean and the bowels in a healthy and active condition.

Shredded Wheat Dishes

To give variety to the daily meals and at the same time make them nourishing, wholesome and appetizing is the problem that puzzles housekeepers as well as hotel and restaurant stewards and chefs. The problem is easily solved where the housewife or chef knows Shredded Wheat and its many culinary uses.

Of course Shredded Wheat Biscuit is more widely used as a "breakfast food" with milk or cream. As a "breakfast food" it now stands at the top of the list, so far as annual sales are concerned. It is the most popular of all cereal breakfast foods because of its uniform cleanliness, purity and acknowledged nutritive value. It is now recognized in this country and Europe as a staple breadstuff, being much superior to ordinary breadstuffs because it contains all the nutritive, body-building elements in the whole wheat grain made digestible by steam cooking, shredding and baking. Its "little loaf" form and its porous shreds make possible an almost endless variety of delicious and nourishing combinations with fresh or preserved fruits, creamed meats or creamed vegetables. Before describing any of these Shredded Wheat dishes, however, it is interesting and instructive to consider "the Vital Question" that concerns health, happiness and long life.

THE VITAL QUESTION

What is the Vital Question? Many answers will come quickly to the minds of those who attempt to answer this question, each depending upon the individual viewpoint and all differing as widely as human experience and human judgment. We are apt to refer to this and that question as a "vital question" because it looms large in our personal experience and seems to be the most important of all the questions that command our serious thought and attention.

As a matter of fact, however, the only question that may be said to be a "vital" one is the one that in some manner relates to the problem of sustaining life in a living organism. The vital organs in the human body are those that are necessary to life.

Life is maintained through the oxygen we breathe into our lungs and through the food digested in our stomachs and intestines. The human body is so constructed that its cellular tissues must be built up out of the elements that are contained in the food we eat, and it is the maintenance of this constructive process in a healthy and normal condition which gives strength and power to the human family.

It is very plain, then, that the selection of proper food for the complete and perfect nourishment of the human body is the one great vital question which overshadows all other questions. It may be settled, then, as a fundamental fact, that the Vital Question, so far as the human body is concerned, is a question of nutrition.

DIGGING THEIR GRAVES WITH THEIR TEETH

The Chinese have a proverb that "most men dig their graves with their teeth." This is rather a sweeping statement, but it covers in a few words the whole question of proper selection of food, and the dietetic errors that lay the foundation of dyspepsia, uric acid diseases, and other ailments that result in a breaking down of the human body. Ignorance of the food requirements of the human body, of the elements that are necessary to build the human structure, to supply heat and power, and to repair the waste that is constantly going on, causes most of the suffering that flesh is heir to.

MAKING WORK FOR THE DOCTORS

It is this ignorance and indifference which creates the demand for drugs and makes work for the doctors. The effort of the dyspeptic or the man with jaded, worn-out nerves to whip

nature into line by the use of drugs and stimulants is a pitiful commentary upon modern education and the dessemination of popular intelligence. Most men are too deeply engrossed in business, too deeply immersed in the strenuous race for money, to give any thought to the most important question of their lives, which is the problem of the proper selection of food. It is only when the shadows lengthen and they begin to reach the evening of life that they become aroused as to the importance of taking into their stomachs the food elements that tend to build, in nature's way, the well-balanced body, capable of meeting all requirements of the particular vocation which they have chosen to follow. Indeed, many thousands give no thought to this question until it is too late. The "Vital Question" receives no attention from them until the bodily functions have been impaired beyond all hope of restoration.

THE WHOLE WHEAT—THE MOST PERFECT FOOD GIVEN TO MAN

Recognizing all these facts and realizing that the food question, after all, is the Vital Question, the next question that presents itself to the thoughtful man or woman is, "What is the most perfect food that will supply, in natural proportion, all the material that is needed for the building of the perfect human body, and for supplying the power that is needed for the accomplishment of life's tasks?" The history of the human race and the experiences of mankind for thousands of years, combined with the best thought of the ripest minds who have studied the subject, furnish the answer to this question. They affirm the now generally accepted fact that whole wheat is the most perfect food given to man. The whole of the wheat (referred to in Bible translations as "corn") was eaten by the Jews for more than five thousand years before the Christian era, and the genius of man in all the years of the Christian era has never improved upon the wheat berry as the best balanced and most nutritious of all foods.

It contains all the elements found in the human body, and, curiously enough, we find that these elements are in almost exactly the same proportion as in the human body. These elements are oxygen, hydrogen, phosphorus, carbon, calcium, sodium, potassium, magnesium, sulphur, chlorine, flourine, silicon and iron. All these are absolutely necessary to repair the bodily waste and wear of our mental and physical forces.

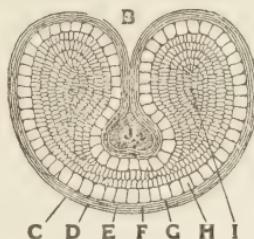
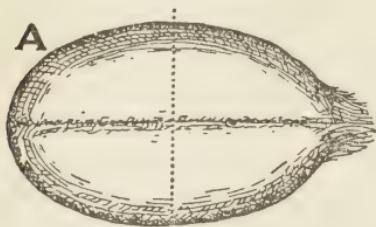
A food that does not contain these elements in the same proportion as they are found in the human body cannot be called a perfect or well-balanced food for human beings. All the various meats, for instance, are classed as nitrogenous foods, being entirely digested in the stomach. An exclusive meat diet tends to the building of muscular tissue and imposes an excessive burden upon liver and kidneys. Potatoes and the purely starchy foods are classed as carbonaceous, or "heat making," foods. An exclusive diet of potatoes, turnips or other starchy foods produces an excess of fat, while contributing nothing to the making of muscle, brain or bone. Each of these foods is characterized as an "unbalanced ration" and must be eaten along with other foods in order to completely and perfectly nourish the human body.

In the whole wheat, however, we find all these food elements for the making of fat, muscle, bone and brain in proper proportions for building the perfectly balanced and perfectly poised human body.

THE STRUCTURE OF THE WHOLE WHEAT BERRY

To appreciate the wonderful adaptability of the whole wheat kernel to the perfect nourishment of the human body, one only needs to examine its structure. An examination of the layers of which it is composed will leave no room for doubt that this is the one universal food intended for the inhabitants of all climes, in all seasons, furnishing within each berry everything that is needed for

the making of bone, brain, flesh and muscular tissue. Let us examine the layers of this, nature's most wonderful gift to man.



"A" is the whole wheat kernel. "B" represents a cross section of the kernel, showing the structural arrangement of the various layers. The outside line, "C," is the first bran coat which does not furnish nutriment to any part of the body, but which is necessary to give bulk to the food, and which performs the important function of stimulating "bowel exercise," called by the physicians "peristalsis." "D" and "E" are layers which contain the fixed phosphates and other mineral matter which furnish the materials for the making of bones, teeth, and muscular tissue. "F" and "G" are seed coats supplying diastase, which helps to convert starchy food into sugar, and is a natural aid to digestion. "H" is a layer of gluten cells, the nitrogenous part of the wheat, supplying in more digestible form than meat the same elements we get from meat foods and which build up and repair the muscles and tissues. "I" is a layer composed of starch grains and albuminoid cells, which give heat and energy to the body. This starch constitutes the greater part of the wheat kernel, and is the part from which white flour is made. "J" is the germ or center of the kernel which contains the soluble phosphates and other mineral matter from which man's brain and nerves derive nutriment.

MAKING THE WHOLE WHEAT DIGESTIBLE

Granting that the whole wheat contains all the material that is needed to sustain life and to build the perfect, well-balanced

human body, and therefore is the best food ever given by nature to man, this question arises: In what form shall the whole wheat grain be prepared for the human stomach in such a way that all its strength-giving, body-building elements shall be perfectly digested and assimilated? How shall we prepare the whole wheat grain so that the stomach may take up its vitalizing elements and convert them into healthy tissue with the least tax upon the digestive organs? It is not what we eat, but what we digest that builds healthy bone and tissue. The most distressing ailments to which human flesh is heir and those which are most often attended with fatal consequences come from eating day after day great quantities of food that are not assimilated by the stomach, but which must be eliminated in an undigested form, sapping the energy of the human system.

MAKING FOOD OUT OF THE WHOLE WHEAT

For thousands of years the various races of men have been making various kinds of flour out of wheat. These flours have different nutritive values according to the process employed in their manufacture and according to the portions of the wheat that have been utilized. None of these flours is as rich in vitalizing, tissue-building elements as the flour which was made in the olden times when the white flour miller used stones for grinding wheat and coarse bolting cloths. In whole wheat flour we have nearly all the nutritive elements found in the whole wheat berry, but these elements are not rendered digestible by steam-cooking before being made into bread and baked. In making bread out of these wheat flours the flour is mixed with water, forming a dough which is "raised" and expanded by the action of carbonic acid gas which is the product of fermentation caused by yeast being introduced into the mixture. It is then shoved into the oven and baked. As a matter of fact, however, the outside of this mixture, commonly called the crust, is the only portion of the loaf that is

nutritious and easily digested. The inside portion is difficult to assimilate for the reason that the digestive juices do not get at every particle of it as they do in Shredded Wheat. Being filled with carbonic acid gas, it causes fermentation in weak stomachs, and the starchy portion of it is not easily digested in the intestines. Children fed entirely upon bread made by this process are apt to have defective teeth, poor brain and unhealthy tissue unless this diet is supplemented by other foods which supply the needed elements for building the perfect body.

THE REAL VITAL QUESTION IS ANSWERED

Accepting the verdict of science, that modern white flour is an impoverished food, in the making of which the rich phosphates and nitrates of the whole wheat are partly discarded, the question again arises, how shall the whole wheat be prepared so as to give to the human stomach in digestible form all these elements that were manifestly intended by nature to be the one perfect, complete food for man? This, the real Vital Question, is answered in the manufacture of Shredded Whole Wheat, the cleanest, purest, and most nutritious cereal food in the world, made in the cleanest, finest, and most hygienic food factory in the world—a food that is eaten in millions of homes in every clime under the sun, which has outlived all other cereal foods, and has finally become as staple as granulated sugar.

WHAT IS SHREDDED WHOLE WHEAT?

What is Shredded Whole Wheat? It is the whole wheat, cleaned, steam-cooked, drawn out into fine, porous shreds, formed into Biscuit and Triscuit and baked in great ovens. Why is the cooked wheat drawn into shreds before baking? Of course, there is a reason for it. It is one thing to supply all these elements in the proportions needed by the human body and quite another

thing to prepare them in such a form that they may be easily and quickly appropriated by the most delicate stomach. There are many ways of preparing wheat foods, but the shredding process is conceded by the best physicians and scientists to be the best process ever discovered for thoroughly mixing all the parts of the whole wheat kernel and presenting them to the stomach in their most digestible form. The filmy shreds are not only very porous, quickly absorbing the saliva and gastric juices of the stomach, but they expose a great surface to the action of the digestive fluids, making them easily assimilated. There are wheat foods and wheat foods, some ground and some flaked, some "treated" with one thing and some "flavored" with another, but there is only one pure Shredded Wheat food. It is made in the cleanest industrial building in the world at Niagara Falls, N. Y., and all the Shredded Wheat sold in Canada and in foreign countries is made in the Company's Canadian plant at Niagara Falls, Ont., of the choicest Canadian wheat, by the same process and machinery that are used in the home plant at Niagara Falls, N. Y.

For the manufacture of Shredded Wheat Biscuit and Triscuit, The Shredded Wheat Company buys the best selected white wheat that grows, and before it is cooked and shredded it passes through twenty-two cleaning machines, which remove all dust, dirt, wild oats, mustard seed, cockle, chess, straw, and other foreign substances, as well as broken and defective grains of wheat. It is then steam-cooked for thirty-five minutes in steel cylinders, a process that breaks up the starch granules in the center of the wheat, rendering them soluble and digestible. The outer coat of the wheat berry is unbroken and none of the nutritive elements of the wheat is lost in the process of cooking. Shredded Wheat is not "treated" or "flavored" with anything. It is the whole wheat, cleaned, cooked, and shredded—nothing added, nothing taken away.

MAKING SHREDDED WHOLE WHEAT BISCUIT

The swollen, softened kernels are then slowly fed into a drying or "conditioning" machine, which removes the excess of moisture which remains after the cooking process and which must be eliminated before the wheat is ready for the shredding machines. This is a most ingenious piece of mechanism, consisting of a large iron cylinder, extending perpendicularly through two floors of the building, inside of which is a perforated iron cylinder. The cooked wheat enters at the top and slowly works its way down between the two cylinders while air, at a proper temperature, is forced through the inner cylinder, through the slow-descending wheat, and out through openings in the outer cylinder which resemble the lattice-work of a window shutter. The wheat is then fed into the hoppers of the great shredding machines, each eighty-eight feet long and consisting of thirty-six pairs of corrugated rollers. The wheat kernels are caught between these rollers and drawn out into fine, porous shreds, which drop upon an endless chain, laying layer upon layer, until the thickness of the biscuit is formed, when the long band of white filaments is brought to a cutting device which separates them into oblong cakes, and drops them into a pan holding forty-eight biscuits.

The pan of biscuits is then placed in the arms of a large drum, shaped like a Ferris wheel, which revolves in an immense oven until the biscuits are baked. They are then passed through a second oven, which thoroughly dries the interior of the biscuit, completing the baking process. The biscuits are then conveyed in large pan-racks to packing tables, where they are placed in cartons, and then, in turn, are placed on an endless belt which carries them to a machine, a marvel of ingenuity, almost human in its operation. This machine turns back the flaps of the carton, glues them, pastes a strip of paper over the joint and delivers the package sealed, ready for packing in wooden cases.

THE ONLY BREAKFAST FOOD IN BISCUIT FORM

Right here it is well to emphasize the difference between Shredded Wheat Biscuit and other cereal breakfast foods. There is no "substitute" for Shredded Wheat Biscuit. It stands unique among breakfast foods not only because of its shredded or filamented character, but because of the fact that it is made in biscuit form. The "little loaves" are of such a size and form as to make them adaptable to all sorts of combinations with fresh or preserved fruits or creamed meats or creamed vegetables. In the case of fruits the porous shreds readily absorb and neutralize the fruit acids, holding their natural flavor and adding much to their wholesomeness and palatability. In the strawberry season many thousands of persons who cannot eat this luscious berry fresh from the vines without much stomach distress are enabled to fully enjoy them in combination with Shredded Wheat Biscuit and cream. The same is true of other acid fruits, whether raw or preserved. Its uses are by no means confined to acid fruits, however, as the Biscuits are equally nutritious and delicious in combination with sliced bananas and other non-acid fruits. "The unexpected guest" need bring no terrors to the housekeeper in the home where a supply of Shredded Wheat Biscuit is always kept on hand, for with these Biscuits a tempting, appetizing and nourishing meal may be prepared "in a jiffy" by combining them with some kind of fresh or preserved fruits, or with creamed meats or vegetables, or by simply serving the Biscuit (heated in oven) with milk or cream. These delicious combinations are not possible with any other cereal breakfast food.

SHREDDED WHEAT BISCUIT FOR BREAKFAST

This Biscuit form in which Shredded Wheat is made not only enables the housewife to give great variety to the daily dietary of the average home by making many delicious combinations with fruit, creamed meats or creamed vegetables, but also permits

of a great variety of breakfast dishes. Shredded Wheat can be served in so many different ways for breakfast that it is an easy matter to please all sorts of people who have all sorts of tastes and notions regarding a "breakfast cereal." Most people who eat Shredded Wheat for breakfast simply heat the Biscuit in the oven to restore crispness and then pour hot milk over it, adding a little cream and a dash of salt. Or, it may be eaten in this way: dip the Biscuit quickly in milk, drain, and then add cream. Or, dip the Biscuit in milk, drain, and fry in butter, after which it may be served with a little cream. If you don't like milk or cream, dip the Biscuit quickly in hot salt water and place a chunk of butter on it, allowing the butter to melt into the shreds. The Biscuit is also delicious when split and heated in oven and eaten with butter the same as any toast.

MAKING TRISCUIT, THE SHREDDED WHEAT WAFER

The process of making Triscuit, the shredded wheat wafer, is even more wonderful. Triscuit is Shredded Whole Wheat compressed into a cracker or wafer, and cooked by electricity in a specially-devised machine, so interesting and wonderful in its operations that it has attracted the attention of electricians from all over the world. It consists of a series of moving "waffle-irons" which serve to compress and indent the wafer while the electric current supplied to each "waffle-iron" cooks it.

Triscuit, the Shredded Wheat Wafer, takes the place of the white flour cracker, and as a toast is used as a substitute for white flour bread with butter, cheese or marmalades. It is an ideal food for flat-dwellers, light housekeepers, campers, for picnics, for excursions on land or on sea. It is the favorite food of hunters, fishermen, and other sportsmen, being easily carried and containing the greatest amount of nutriment in smallest bulk. Triscuit toast is served on nearly every ship that sails the seas. It is eaten in tropical climes and in all countries where the climate makes meats and other heavy nitrogenous foods unhealthful and undesirable.

Triscuit is delicious for luncheon as a toast with butter, cheese, marmalades or beverages. It is the best of all wafers for chafing-dish cookery or for making rarebits.

Both the Biscuit and Triscuit should be heated in oven or on toaster to restore crispness and flavor.

WHERE SHREDDED WHEAT IS MADE

One might as well visit Rome without seeing St. Peter's as to visit Niagara Falls without seeing the "Home of Shredded Wheat." A factory that is visited by nearly a hundred thousand persons every year is worth knowing something about. Certain factory ideals have been attained in this building which make it unique among the industrial plants of the world. In sanitary appliances for securing cleanliness of product and health and comfort of employees it is not surpassed by any structure in the world.

Mere figures give a very inadequate idea of the noble proportions of this building. They do not tell the story of the architectural symmetry, its costly equipment or its perfect adaptation to the work of making the cleanest and most healthful food product on earth. Those who like figures, however, will be interested in knowing that the Shredded Wheat plant is 463 feet in length by 66 feet in depth, contains 3,000 tons of steel and 200 tons of marble. Its beauty is greatly enhanced by the 844 windows with their 30,000 lights of glass, making it indeed a veritable "crystal palace." The building is entered through a large foyer, on either side of which are writing and reading rooms for guests, furnished with beautiful rugs and sumptuous weathered-oak, leather-upholstered furniture. From the middle of the ceiling hangs a pendant, a great crystal ball, inside of which are thirty-six electric lights. At the base of the vast column supporting the ceiling are upholstered settees. In one end of the foyer dainty "demonstration lunches" are served to visitors, and here may be found guides ready to pilot visitors through the building. The gallery around

the foyer, as well as the entire floor above, are taken up with the administration, publicity and accounting offices of the company.

THE NATIONAL PURE FOOD LAW

The education of the public along the lines of pure food, outdoor exercise and hygienic living has been slow, tedious and sometimes expensive, but the results are most gratifying, not only in an awakened public conscience, but in the determination of individuals to change their modes of living and to be more particular about what they eat and drink. The educational campaign in favor of pure, unadulterated foods finally resulted in the enactment by Congress of the national pure food law. Thanks to the officials connected with the Department of Agriculture at Washington, this law has been vigorously enforced without fear or favor. A few manufacturers who were accustomed to using preservatives in the manufacture of their food products at first resisted the law, but finding the government officials unyielding and uncompromising, the most of them have finally announced their willingness to comply with it and have changed their process and modified their methods to comply with all of its provisions. This agitation and education which led to the enactment of a pure food law has attracted public attention to the food problem as it was never attracted before—and in this connection it is not easy to ignore the very obvious fact that the campaign for pure food and simple food leads one right up to the door of the great Shredded Wheat plant at Niagara Falls, which every year turns out over three hundred million Shredded Wheat Biscuits crisp, fresh and pure from its two-million dollar sunlit bakery. Government inspection is good, but public inspection is better. The Shredded Wheat Company invites both. Shredded Wheat is not “compounded,” “treated” or “flavored” with anything. It contains no preservatives or chemicals of any kind—just the pure, golden wheat as Nature gave it to us, and made in the cleanest, most hygienic food factory in the world.

The roof of the Administration section, reached by electric elevators, commands a view of Niagara River, the Rapids, Goat Island, Three Sister Islands, and other scenic beauties of this picturesque region. Other unique features of this model building are: a thoroughly equipped dining room overlooking the beautiful Niagara, in which the employees eat lunch at the noon hour as the guests of the company, and in which the famous chef of the company, and his assistants, give practical demonstrations in "Shredded Wheat Cookery," showing the many tempting and palatable dishes that may be made out of this product; a convention hall or auditorium with a seating capacity of one thousand, with stage, electric lights, and all modern conveniences in keeping with the other handsome appointments of the building; elaborate lavatories finished in marble and mosaics at a cost of a hundred thousand dollars, provided not only with hot and cold water, but with needle and shower baths. These are for the use of all employees of the company, and soap and towels are also furnished without charge. The woodwork of the entire building is white enamel and is kept immaculately clean. The windows are double-glazed and are fixed in the frames so they cannot be opened, making the building absolutely dust-proof. The pure air, filtered through sieves, is forced through the structure by means of great suction fans and ventilator shafts.

WELFARE WORK FOR THE EMPLOYEES

It would require a good sized booklet to describe the many departments of "welfare work" carried on by this company to guard the health of the employees and to secure their comfort, contentment, and intellectual and moral improvement. The company not only provides a locker for each employee, costly lavatories and hygienic noonday lunches for them, but maintains a circulating library and gives them access to hundreds of periodicals. The Company also provides soap and towels and bathing

facilities which encourage and maintain the highest standards of personal cleanliness. The employees are also allowed rest periods of fifteen minutes every morning and afternoon in addition to the hour that is allowed for the noonday luncheon and recreation. The physical and social welfare of the girls is largely in charge of a matron or "factory mother" who is always ready with timely help and kindly suggestion to meet the troubles and perplexities peculiar to the sex. The employees also have the use of the large auditorium for dancing parties and for special parties that are given to celebrate such festal occasions as Christmas and Hallowe'en. The Company also provides comfortably furnished rest rooms for both men and women employees, cooking schools for the girls, and spacious playgrounds, including lawn tennis courts and spaces for other outdoor games. The Company owns all the land between the factory and the Niagara River, all of which is laid out in attractive lawns, with flower-embroidered walks and avenues for the pleasure of the employees, and which are in charge of an expert landscape gardener employed by the Company for that purpose. In summer the verdure and floral loveliness of these lawns present a pleasing contrast with the yellow bricks of the noble structure in the background, and are admired by many thousand visitors.

TRISCUIT DIPPED IN CHOCOLATE OR OTHER SWEETS

For many years Huyler, the famous American chocolate manufacturer, searched for a luncheon wafer, which when dipped in melted chocolate, would present the greatest amount of nutrient in the smallest bulk and in most palatable and appetizing form. After many experiments he selected Triscuit as the most perfect wafer for this purpose, presenting in its compact crispness and high nutritive value all the requirements of an ideal luncheon wafer. His example was shortly followed by Cadbury, the English chocolate manufacturer of world-wide fame. Both these con-

cerns now sell Chocolate Dipped Triscuit in boxes of various sizes.

There is nothing to prevent a person from dipping toasted Triscuit in melted chocolate or any other "sweets" or confections in his own home, however.

DYSPEPSIA OUR NATIONAL DISEASE

One need not be a physician to know that the most prevalent disease among Americans is dyspepsia. This distressing ailment is, indeed, the bane of the human race. Wherever men and women are allured by the fascinations of business life and social endeavor away from the simple and natural life it is not an exaggeration to say that nine out of ten of them are either sufferers from chronic indigestion or from occasional derangements of the stomach or bowels. The world and everything in it looks dark and gloomy, indeed, to the dyspeptic. Good digestion means stomach comfort and satisfaction, and these mean contentment, happiness and success in almost any line of human endeavor. Whether the result of excesses in eating or the result of dietetic ignorance, dyspepsia makes pessimists and cynics—men and women who are dissatisfied with themselves and disagreeable to all who may come in contact with them.

Many sociologists declare, indeed, that most of our crimes may be traced to indigestion.

NATURAL FOODS BETTER THAN MEDICINE

What the dyspeptic needs is not drugs, but a natural food which supplies all the elements for nourishing the perfect human body with the least tax upon the digestive organs. Such a food is Shredded Whole Wheat. Its delicate shreds are taken up by the digestive fluids and its strength-giving properties assimilated when the stomach rejects all other foods. When the digestive organs are wasted or worn out by disease or excesses they will readily and

quickly assimilate the nutritive elements in Shredded Wheat, restoring the organs to natural strength and vigor. Its use also promotes "bowel exercise," curing constipation and all other intestinal troubles in a natural way, keeping both the stomach and the intestinal tract in a healthy and active condition. Shredded Wheat is the greatest boon for dyspeptics ever discovered. That the stomach will receive it and digest it when all other foods are rejected is shown by its constant use on ocean and lake steamers. Ocean and lake voyagers who make their daily fare consist of Shredded Wheat Biscuit or Triscuit are assured of a happy journey with no unpleasant experiences. That it is an unfailing preventive of sea-sickness is demonstrated by the most abundant testimony.

NATURE IS THE GREAT PHYSICIAN

Health comes from living in accordance with Nature's laws.
Disease comes from a violation of those laws.

The most that medicine can do is to help Nature to restore disordered functions. Medicine does not cure. Nature cures. Medicine is given to assist Nature in restoring normal conditions.

Recognizing this fact, doctors and nurses are depending more and more upon good nursing and the laws of hygiene rather than medicine in curing certain wasting diseases. The good doctor prescribes the right kind of food, pure air and exercise. The most important of all, however, is a nourishing food which supplies the greatest amount of nutriment to all parts of the body with the least tax upon the digestion. This is of particular importance in the case of convalescents where Nature is struggling to build up wasted tissue and to restore bodily strength and vigor.

The favorite food for this purpose among the best informed doctors and nurses is Shredded Whole Wheat, a food that contains all the body-building material in the whole wheat prepared in its most digestible form.

THE HEALTHFUL HABIT OF "FLETCHERIZING"

A few years ago Horace Fletcher, an eminent American, began a campaign of education to teach the people the laws of health and economy as applied to the food problem. Scoffed at and ridiculed at first, he has finally revolutionized popular notions of eating and drinking. He is the great exponent of "Fletcherism," the art of chewing food until all the nutriment is abstracted from it through the natural process of digestion. He is trying to show the people how it is possible to live on less food, cheaper and simpler food, and at the same time derive more strength and nutriment than they formerly derived on a greater quantity of food. It is easy to "Fletcherize" when you eat Shredded Wheat. You simply have to chew it. The crispness of its shreds compels thorough mastication, which of course means thorough insalivation, which is the first process in digestion. It is claimed that Gladstone, the great English statesman, chewed every bit of his food eighty times, and to this fact is attributed his rugged body, keen brain and long life. This thorough chewing of Shredded Wheat not only enables the stomach and intestines to take up all the strength-giving nutriment in the whole wheat, but the chewing develops in children sound teeth as well as good digestion. It is the Shredding process which makes Shredded Wheat more easily and thoroughly digested and hence more strengthening than any other known cereal food. Add to this the purity and cleanliness of its manufacture and you have a food which might easily be called, without extravagant statement, "a boon to the human race."

A PERFECT FOOD FOR GROWING CHILDREN

As a food for growing children nothing has ever equaled Shredded Whole Wheat. It supplies in digestible form all the nutriment of the whole wheat kernel for the building of good teeth, sound bones, clear brain, and healthy tissue. Its constant

use for breakfast or other meals of the day builds sturdy, hearty and healthy children who enjoy blessed immunity from the many stomach and intestinal diseases that commonly afflict childhood. The sturdiness of the future race depends upon the wisdom of the mother in selecting the food that goes into the home. If she gives it no thought or attention it will be neglected, and the children will grow up with weak and impoverished bodies. Children fed largely upon bread and pastries, are weak, flabby, and lifeless, with flesh that is pale and doughy. If Shredded Wheat Biscuit is warmed in the oven and properly served, children grow to like it better than all other cereal foods. Children who have been fed upon Shredded Wheat and have grown fond of it will utter loud and lusty protest whenever they are deprived of it at the morning meal.

As A BABY FOOD

The following is a recipe for the use of Shredded Wheat Biscuit as a baby food :

1 pint water, $\frac{1}{2}$ pint milk, 1 Shredded Wheat Biscuit, $\frac{1}{16}$ teaspoon salt, 2 teaspoons granulated sugar.

Bring the water to a boil, then add the Shredded Wheat Biscuit, and cook slowly for fifteen minutes. Remove from the fire and add the milk, salt and sugar, then strain through a fine cheese-cloth, pressing through all that will come through. When cool, set away covered in a cold place till needed. When ready to use, heat the required amount to 98° F., and give by means of a feeding bottle. Consult your own physician as to quantity to be used for a "feeding." Also read the enthusiastic, unsolicited letters of endorsement following from mothers who have used Shredded Wheat as a food for babies and children.

When baby has discarded his bottle, give him Shredded Wheat gruel, which is made as follows :

SHREDDED WHEAT BISCUIT GRUEL

One pint water, 1 Shredded Wheat Piscuit, salt to taste, 1 cup milk. Bring the water to a boil, add Shredded Wheat and salt, cook half an hour in double boiler, stirring frequently. Then add the milk, and when hot it is ready to serve. If to be used for an infant or small child, strain.

ANALYSIS OF WHEAT AND SHREDDED WHEAT

The following analysis of the whole wheat grain as it comes from the field and the analysis of Shredded Whole Wheat shows that there is little, if any, loss in the elements that are necessary to build the various parts of the perfect human body. In Shredded Wheat you have all the body-building material in the whole wheat made digestible by the best process ever devised for preparing the whole wheat for the human stomach.

	WHOLE WHEAT GRAIN	SHREDDED WHOLE WHEAT
Water	10.20 per cent.	10.60 per cent.
Albumen	12.67 "	12.25 "
Fat	1.46 "	1.75 "
Carbohydrates . .	73.97 "	73.65 "
Ash	1.70 "	1.75 "

Unsolicited Letters of Gratitude and Appreciation

Hundreds of letters are received every year by this Company from those who eat Shredded Wheat, expressing their appreciation of the product, and their gratitude for what it has done for them in restoring them to health and vigor. Many of these letters are almost pathetic in the fervor of their gratitude and their fondness for Shredded Wheat. Whether the letters are from dyspeptics who have found relief in Shredded Wheat or from mothers who have saved their children by giving them Shredded Wheat when all other foods failed to give nourishment, they are equally earnest and impressive in their efforts to express in strong enough terms the thankfulness of the writers. These letters are all the more valued by the Company for the reason that they are not asked for, but are sent voluntarily and out of the fullness of the heart. We cannot print all these letters, but we have embodied a few of them in this book merely to give an idea of what the users of Shredded Wheat think of it as a pure food for the perfect nourishment of the human body in sickness and in health. Thousands of similar letters are on file in the office of the Company

The Out-of-Doors Man

It may be of interest to you to know that my son Carlton, a young man 22 years of age, eats six of your Shredded Wheat Biscuits every morning for breakfast. He has been eating the Biscuits every morning for nearly seven years. At first he ate only three each morning, but he has gradually increased until he now eats six. He seems to enjoy them just as much now as he ever did. He is a strong and healthy boy, and is a deliveryman for the Wm. Steinmeyer Company, being in the open air all day.

HENRY JANZER,
7173 4th Street, Milwaukee, Wis.

Now Knows What Stomach Comfort Means

Please pardon the liberty I take in expressing, what I think my duty as well as my pleasure, my great satisfaction in the use of Triscuit. I have been afflicted with acute indigestion and often become suddenly ill, and after the demonstration at the Boston store here in Erie, I began using Triscuit, and I am surprised, but I have since had no stomach trouble, and it has entirely regulated my bowels without the use of any medicine. I would not be without the Triscuit as long as I could get them, for they have saved me much physical suffering.

All that I have written comes straight from a grateful and sincere heart, and must say that this is the first time in my life that I have written to recommend an article to a firm. Please pardon the liberty I have taken.

Mrs. C. M. SMITH,
509 Peach Street, Erie, Pa.

So Much Cheaper than Other Baby Foods

Realizing that hundreds of mothers do not know what to feed their babies, perhaps after trying many "baby foods," I am writing to inform you what an excellent baby food Shredded Wheat is.

I am personally acquainted with mothers who tried every food they knew of, and finally gave them up and tried Shredded Wheat with great success. I have brought up two children on it, and have another at present who is thriving on it.

Everyone knows the nourishing qualities of Shredded Wheat, its cleanliness, too, counts a great deal with a baby. It is much cheaper than any other food I know of, and many who cannot afford to feed their babies on these expensive foods can afford to buy Shredded Wheat. I must add that my physician has recommended it to many after inquiring of me how to prepare it.

I hope this letter will interest you as I would very much like to see Shredded Wheat advertised as a "baby food," for I so pity the hundreds of babies who do not get nourishment enough because their mothers do not know what to give them or cannot afford to buy these other foods.

Mrs. O. SAUNDERS,
45 Avon Street, Brockton, Mass.

The "Between Meals" Question

We have always considered Shredded Whole Wheat Biscuit a very wholesome food and have recommended it extensively in our practice. We now hope to see Triscuit take the place, not of Shredded Wheat Biscuit, but of the crackers that are fed in such quantities to children.

Dr. COUTURE,
Mrs. A. M. COUTURE,
Auburn, Cal.

Treatment of Employees—A Striking Example

I visited your fine factory about two weeks ago, and without request on your part, let me say my family use Shredded Wheat Biscuit and Triscuit, and they thrive on them. I shall use them with more interest now that I realize, first, the great virtue of whole wheat and your method of its preparation; second the cleanliness of your factory and handling of the food; third, the fact that your principle is to live and let others live. Your humane treatment of your employees is a striking example of what all manufacturers ought to do.

Mr. EDWARD P. PHREANER,
34 Preston Street, Providence, R. I.

At Every Meal

All of us, including my husband, and three oldest children and myself, think there is no equal to Shredded Whole Wheat Biscuit, and when I tell you that for the past three years we have used from eight to ten boxes a week, you will understand our fondness for them. I have one little boy, three and one-half years old, and since he was a year old, and able to lisp "bick," I think he has never missed a meal that he has not had his Biscuit, and often between meals. He never eats meats, and very little sweets. He weighs about forty pounds, and is as fine a specimen of a healthy child as could be found anywhere. For myself, I have been very much benefited by their use, and, as a consequence, I have recommended them to several friends who have been equally benefited.

Mrs. MARY M. DOYLE,
126 Avon Street, Rockford, Ill.

Ate Nothing Else for Six Weeks

I was all run down this Spring with stomach trouble, when your agent left a trial package of Shredded Whole Wheat Biscuit at the door. I tried them and found that I could eat them without distress. I put one in the oven with a bit of butter and a little hot water for a few minutes, and then ate them with a little fruit juice. It was not long before I could eat two at a meal.

I did not eat anything else for six weeks but Shredded Whole Wheat Biscuit. There is another woman on our street that was in the same condition. I persuaded her to try the same remedy, and she would be a good advertisement for your goods if you had her picture before and after she had used them two months. The children like them, and they agree with me that there is nothing like Shredded Whole Wheat Biscuit.

Mrs. JAS. H. JOHNSON,
Havana, Ill.

Strong and Vigorous at Seventy

We have used Shredded Wheat about twelve years in my family, which consists of myself and wife, five children and fifteen grandchildren. Have had the pleasure of visiting "The Home of Shredded Wheat" several times. I was seventy last June. Most of my living is Shredded Wheat and I can lick my weight in wildcats every twenty minutes. Any person who visits the Falls and does not visit "The Home of Shredded Wheat," loses one-half cost of time and money, everything is so clean and nice.

Mr. H. R. BUXTON,

Plainwell, Mich.

The Scholar's Lunch

After a very careful trial of Triscuit, permit me to say that it is without doubt one of the finest articles of food I have ever used; it is simply prepared, gives to us an article that can be used with great relish in so many ways. Both the masters and the boys could not get enough of them. The boys on their vacations home insisted that their parents get them Triscuit instead of any other kind of cracker or cake. My little girl has been taking them to school for lunch. I wish you every success with Triscuit.

Rev. W. H. C. LYLBURN,

Trinity School, Morristown, N. J.

When Five Other Baby Foods Had Failed

You would perhaps like to have my testimony in regard to your Shredded Whole Wheat.

On November 1st of last year I gave birth to a baby girl (premature birth) weighing but three and a half pounds. We tried different foods for her, but she could retain none of them. Nothing seemed to satisfy her. A doctor friend of the family told me to try a small portion of Shredded Wheat the next morning, which I did, and it certainly agreed with the little one. She is now a healthy and good baby, and I thank your food for making her what she is. I have gradually increased the portion as I saw she needed it.

Mrs. HERBERT V. FRESHAM,

464 DeKalb Avenue, Brooklyn, N. Y.

A Brain-worker Says—

Concerning Shredded Whole Wheat Biscuit, I have only unqualified praise. In my own house I use it largely, and recommend it to others. I have tested it in comparison with other breakfasts, both cereals and meats, and have found that my forenoon's work, either entirely or partly mental, could be done much better and easier after a breakfast of fruit, Shredded Whole Wheat Biscuit, and coffee.

Dr. E. WAY-ALLEN,

"The Wayside," Walpole, Mass.

What Even Pills and Tablets Failed to Do

I am 73 years old, a physician and surgeon in Scotland County, Mo., during the last 30 years, and I write to say that your Shredded Wheat with sugared milk has done for me what all my tablets and pills have failed to do. About three months ago I began using Shredded Wheat with sugared milk exclusively, and the results have been that I have had to take but one dose of purgative medicine since coming here, and have gained fifteen pounds in weight. Shredded Wheat will cure any case of curable constipation. In my opinion the Shredded Wheat is worth all the other cereal foods now on the market.

Dr. A. W. SAWYER,
Gorin, Mo.

A Comfort and Pleasure to All Around Her

In appreciation of your excellent food I send under another cover a picture of our two-year old daughter, Clara. Her diet from the time she was weaned was largely Shredded Wheat; in fact, almost exclusively so. She is perfectly healthy, having had none of the troubles usually attending the teething period. In short, she is a little athlete, a comfort and a pleasure to all around her, which condition we attribute largely to her diet.

Mrs. A. T. FLETCHER,
3451 Hirsch St., Chicago, Ill.

Makes It Nine-tenths of His Food

Yesterday samples of your goods were left at my house, and in response will say that fully nine-tenths of my food has been Shredded Wheat. I eat one and a half Biscuits for breakfast, one and a half again for dinner, and one for supper, making four Biscuits per day, with a little sauce. At dinner I now and then take a little of something else that I find on the table, with a little butterfat in some shape. I keep my strength by this living and have less sickness than formerly. My stomach is growing much better and now requires but little aid to digestion. My persistence in living on wheat I think has brought this about. I will add, that it prevents and in time cures constipation. Chemists tell us that wheat contains all the elements necessary to nourish mankind. This fact was what set me to living on wheat.

O. B. MAPLES,
513 South Main St., South Bend, Ind.

Even from Mexico

I am using your Shredded Whole Wheat Biscuit, and I believe it is the cleanest and most healthful food in the world.

J. VELASQUEZ,
Mexico City, Mexico.

In a Minister's Family

My experience has been that Shredded Wheat Biscuit is an ideal food for brain workers. I speak from what I see and hear as a minister's wife. I know it makes an ideal breakfast for a minister, being nourishing, sustaining, and easily digested. And then, it is a food that one never tires of, even the most fastidious person has an appetite for Shredded Wheat.

Mrs. S. G. DAVIS,
391 Stevens Ave., Deering, Me.

Helping Fight Tuberculosis

I can confidently say that Shredded Whole Wheat, containing, as it does, all the nutritive elements of the wheat, and being in porous form, is rendered easily digested, peristaltic action is promoted, and an invaluable substitute is presented for the usually over-sifted flour and meal so unsuited to feeble conditions of the alimentary canal. Because indigestion and dyspepsia are generally precursors or accompaniments of tuberculosis, and because of its tissue-building power, this is an excellent article of food for the tuberculous.

CHAS. DENISON, M. D.,
Denver, Colo.

Practical and Convenient

I wish to express to you my appreciation of Triscuit, which I have been using for several years. Its crispness and rich nutty flavor make it very palatable indeed, while its convenience for serving makes it a most desirable article in any household. A crisp piece of Triscuit, spread with good butter, is delicious. Or slightly moistened with hot water and then buttered, it forms an excellent basis for a soft poached egg—an ideal combination.

HARRY C. RASSWEILER,
Naperville, Ill.

Can Eat Welsh Rabbit Now

I have always been a great lover of cheese, and the few times I satisfied my desire to eat it in any form, especially the Welsh Rabbit, which is now a fashionable evening lunch for small parties, I have suffered indigestion. A few weeks ago I served my luncheon with Shredded Wheat Biscuit and cheese, and it was delicious and delighted all my guests. I felt no bad after effect, and now I eat cheese as often as I wish to, and in any way, providing I eat Shredded Wheat with my cheese. I use them for many delicious desserts. Will give you my recipes if you desire them.

Mrs. E. HALL,
2278 Sixth Ave., Troy, N. Y.

The Cleanest, Most Healthful Food in the World

Herewith allow me to say that in these days since I have tried Shredded Wheat it has done me more good than all the doctor's medicine I have used. I have been troubled with a severe case of indigestion, and my stomach after eating appeared as if it would part. One year ago I had a very bad stomach trouble, and could not eat anything but invalid food, and after trying several kinds I began eating Shredded Wheat Biscuit, and it agreed with me at once, and I truly believe it is the cleanest and most healthful food in the world.

I am now gradually getting better. I consider Shredded Wheat one of the finest cereals on the market, and I have tried most all of them. I wish everyone knew the worth of Shredded Wheat, for not only will it aid the sick to regain health, but it will prove a remarkable preserver of health. It is a wholesome, delicious food. Many of my friends eat it regularly, and they will tell how much it has benefited them.

EDITH DEE FITZPATRICK,

Somerset, Ky.

Fine Health and Happy Disposition

I am sending you a photo of our three "bunnies," Gladys, Jamie and Ruth, aged three, two and one years. They are bottle babies, and since they have been weaned from the bottle their principal food has been Shredded Wheat Biscuits. They are in fine health, and have bright, happy dispositions, both of which we attribute to the beneficial effects of the Shredded Whole Wheat Biscuits. We have advised several of our friends to give these Biscuits to their children.

WM. B. MILLIGAN,
100 Abbott Ave., Ocean Grove, N. J.

Ate No Other Food for a Year

Some six years ago I was taken ill with catarrh of the stomach, which developed into ulcers, and they soon caused hemorrhages. When at my worst, and my life despaired of, I changed doctors, calling in Dr. W. S. Wiggins, of this town. He immediately ordered a diet of Shredded Wheat Biscuit for me, to be eaten dry, after warming in the oven, and for one year I took absolutely no other nourishment.

It took six months to check the hemorrhages, and for four years I was under Dr. Wiggins' care. After the year of constant use of Shredded Wheat Biscuit, I took other light nourishment, but lived mainly on the Biscuit with fruit and milk.

It is now six years since my illness, and for my return to normal good health I feel that I am largely indebted to Shredded Wheat Biscuit. I still use it daily in my home.

Mrs. GEO. M. ARTIST,
DeWitt, Neb.

Feels Better than for Years

I have been living almost exclusively for the past four months on two Shredded Wheat Biscuits at a meal, three times a day, and have gained about twenty pounds in that time, and now feel better than I have for years. I have been troubled with a severe case of indigestion for the past two years, but am now gradually getting better. I consider Shredded Wheat one of the finest cereals on the market, and I have tried most all of them.

T. V. HENDERSON,
Villa Rica, Ga.

Friends Exclaim: "How Well You Look!"

Undoubtedly this will come as a surprise to you as you have not solicited my testimonial, but I feel that I owe you my everlasting gratitude. Last November I weighed 150 pounds, and now after four months' use of Shredded Wheat, I have gained twenty pounds, weighing 170. Previous to my discovery of your product I was hunting for some remedy suitable to my supposed ailment. My friends now exclaim, "How fat you are getting," "How well you look." I eat very little meat, my main meal is breakfast, as I am employed nights. This meal consists of five Shredded Wheat Biscuits and about one quart of hot milk, the Biscuit being sprinkled liberally with sugar. I am entirely free from pain or discomforts of any kind, the stomach and digestive organs seemingly perfect and healthy.

C. L. NORDHOLM,
Geneseo, Ill.

For a Light Lunch After Work

I am employed in a drygoods store and at night feel the need of some nourishment after my evening's work, and there is nothing I can find to take the place of Shredded Whole Wheat Biscuit with a little cream and a sprinkle of salt. Before using your Shredded Wheat Biscuit I used to retire hungry, for if I ate other foods they would distress me. I wish others would try them, those who have to work evenings, as it takes but a short time to notice their beneficial effect.

Mrs. M. P. ROSE,
84 Main St., Georgetown, Mass.

Cured of Sick Headaches

I have been a user of Shredded Whole Wheat Biscuit for six years or more. Before I began using them I had periodical sick headaches, coming about every five or six weeks, and since using them I have had but one such headache in over five years, so you see their importance to me, and my desire to have them for my regular breakfast food.

Rev. CHAS. P. HALL,
Brewton, Ala.

Tastes Good and Sets Right on the Stomach

The principal item in my breakfast bill of fare three hundred and sixty-five days in the year is a Shredded Wheat Biscuit warmed in the oven until it is crisp and brown, then split open and buttered, and then an egg, boiled three minutes spread over the halved Biscuit, making a delightful sandwich, much more preferable to egg and toast, and certainly more healthful. I regard a soft boiled egg and Shredded Wheat Biscuit as above described as a really ideal breakfast dish. It always tastes good and always sets right on one's stomach.

CHARLES LEE BOWMAN,
91 Fifth Ave., New York, N. Y.

It Saved His Boy's Life

I can cheerfully recommend your Shredded Wheat Biscuit as a grand food for children, for what it has done for my boy, now in his sixth year. He was nearly dead, in his second summer, from summer complaint, and would eat nothing but potatoes. We finally got him to eat a part of a Biscuit. He liked it from the first, and soon was eating them all the time, soon becoming well, fat, and hearty. He is now a healthy, growing boy of six, going to school every day, and must have his Shredded Wheat Biscuit every morning for breakfast. My wife and I have always said that we attribute the saving of his life to your Shredded Wheat Biscuit.

CHAS. SUMA,
Union City, Ind.

For Both Well and Sick

Triscuits are certainly the finest I have seen so far in the line, and it is only to be hoped that the public generally, and the hospitals and sanitariums especially, throughout the country will wake up to appreciate your efforts in having placed upon the market a valuable food equally palatable for well and sick.

Dr. H. C. JOHNSON,
Northwood, N. D.

All the Strength of the Wheat

Triscuit has been tried by my family, much to our gratification. One special advantage is the compulsion of chewing it thoroughly before being able to swallow it. We all enjoy it, and I am fully of the belief that we are sure to obtain the full value of the wheat. For a long time I have been endeavoring to secure this, and have in vain tried bread of a variety of kinds.

Dr. W. B. ATKINSON,
1400 Pine St., Philadelphia, Pa.

When Everything Else Had Failed

I wish to say a word in favor of Shredded Whole Wheat Biscuit as an infant food. My youngest child was, from birth up to about ten months, a very delicate, puny child, weighing but ten pounds. It was with the greatest difficulty that we could get him to retain any food upon his stomach. We tried every infant's food without success, not one agreed with him. Our family physician seemed puzzled, and recommended fresh cow's milk, this also did not seem to nourish him, and a nurse whom I had recently engaged for him, suggested Shredded Wheat. The child seemed delighted with it and from that time has been improving wonderfully, and today (six months later) is a child of unusual vigor, perfect health, weighing twenty-two pounds. It is now almost his exclusive diet. I cannot recommend it too highly.

Mrs. W. S. PATES,
517 Empire Bldg., Atlanta, Ga.

Easy to Handle and Serve

We have tried nearly all the breakfast and health foods on the market, and while we found them nearly all as perfect as possible in their composition, they are deficient in their make-up, viz.: not being presented in an attractive form.

Triscuit, while perfect in its composition, is put up in a neat, convenient style, easy to handle and serve, and is in our estimation the most perfect health food on the market today.

Our larder, in the future will always contain a supply of Triscuit, and I will do my best to make it known, as I am certain I am doing good to all whom I can induce to use it.

BROTHER JOHN LARACY,
Sacred Heart, Okla.

Gained Forty-three Pounds in a Month

The Shredded Wheat Biscuit and Triscuit are both delicious, and from now on both will be staples in our house. One of the reasons I swear by Shredded Wheat is—(I hope it will interest you)—about three years ago after a very severe sickness (pneumonia), in which I lost fifty-three pounds, I was only allowed to eat the Biscuit and milk. I lived on them absolutely for a month, at which time I was allowed to go out of my room. Was weighed again at that time and found that I had regained all but ten pounds of my original weight. The next two weeks I ate everything in sight, besides about a half-dozen biscuits daily, and went up to 175 pounds. Do you wonder at my enthusiasm? That was ten pounds over my original weight.

MORRIS M. COOK,
Rutherford, N. J.



SHREDDED WHEAT BISCUIT WITH MILK OR CREAM.



TRISCUIT, THE SHREDDED WHEAT TOAST.



MAKING THE SHREDDED WHEAT BASKET.



SHREDDED WHEAT WITH BANANAS AND CREAM.

Was Slowly Starving to Death

Some six months ago I became very ill with most severe stomach trouble, and so serious was my condition that I could not eat foods such as very young children are fed. After losing thirty-eight pounds, as I was slowly starving to death, I one day tried a Shredded Wheat Biscuit. To my joy I felt no distress, so for the following four months lived entirely upon them, and am now very much better and have gained quite a little. Accordingly, it is with pleasure I send you these lines to express my gratitude and with the hope that others may be benefited.

EUGENIA WEEKS,
399 Classon Ave., Brooklyn, N. Y.

For Those Who Want the Best of Foods

I so thoroughly believe in this food and in its preparation, having gone through the entire plant, that I like to recommend it always to the people who want the cleanest and best of foods. I so thoroughly believe in it and its life-giving qualities, that in our own home for the morning meal our boys and myself eat nothing else.

W. A. HILLIS,
Supt. Am. Sunday School Union,
Caxton Bldg., Cleveland, Ohio.

Nothing Ever Tasted so Good

I am a Shredded Wheat eater. Shredded Wheat has been the base of my living for the past three years. I have eaten it three times each day, and eat three or four at each meal and nothing ever tasted so good to me in all this world. I have gained steadily in flesh from the first. Am fifty years old and have never worked harder than during the past three years. Mrs. H. W. REED,

Shiocton, Wis.

Walked at Nine Months

We want to make a statement in regard to the benefit your Shredded Wheat Biscuit did for our baby. We tried all the other foods, but none seemed to agree with her, and she almost starved. At last we tried Shredded Wheat according to your instructions in the booklet, and she thrived from the first meal. When she was eleven months old she was well and strong, walked at nine months, and is now seventeen months, and in perfect health. We cannot say too much for your food.

Mr. & Mrs. S. W. O'BRIEN,
Daytona, Fla.

Has Discarded Stomach Medicines

Although for my kind of dyspepsia I find Shredded Wheat suits me best, I have had no hard spell of dyspeptic troubles since I have been eating it, now nearly four years. It suits me perfectly in every way. Before this I was compelled to be always taking some kind of stomach medicine, but since I began your food I have discarded medicine and have almost perfect stomach health. In fact, I now claim that Shredded Wheat eaten just before going to bed will cure the most aggravating case of dyspepsia. I have taken pills for years, but since eating the Wheat I have discontinued this use, and I find myself more regular now than with the use of the medicine.

A. J. BANDEL,
933 N. Mount St., Baltimore, Md.

Three Times a Day

We have a little boy, healthy and robust, now six years old, whose sole diet is Shredded Wheat. Since he was first able to eat it, very few days have passed that he has not feasted on it three times. Eats very little meat. Even chicken will hardly coax him to give up his Shredded Wheat. He has thrived so well on it we have never obliged him to give it up. Seemed such an unusual thing for a boy, that I thought I would take the liberty of advising you.

S. ALLEN CLARK,
Oneida, N. Y.

Prescribed in Over Half His Cases

In my opinion, based upon my personal experience in prescribing your Shredded Whole Wheat Biscuit and Triscuit to both adults and children, there is no other food product on the market which can be more often suggested as a part of the regular diet to a large per cent. of our patients, and no other from which greater benefits to those patients can be derived, than from the Shredded Whole Wheat products. This is especially true of your Triscuit when prescribed to young children to take the place of cookies, soda crackers, and other similar starchy and saccharine foods which do not furnish to the child those very essential elements to healthy growth, viz.: phosphates and gluten.

In looking back for a few months over my case notes, I find that I have suggested either Shredded Whole Wheat Biscuit or Triscuit as one of the articles of diet in nearly one-half of my cases, without regard to the ailment.

In the past two weeks, since I have become more thoroughly interested in their dietetic value, I have prescribed your products to more than fifty per cent. of my cases.

B. W. GANOUNG, M. D.,
Lincoln, Neb.

Found Cleanliness and Purity on Every Hand

As a recent visitor to the Falls, I was wonderfully impressed by a trip through your great food factory, where cleanliness and purity abound on every hand, and I may also state that I have been a constant user of your products for years, consuming four Biscuits every day, two in the morning and two in the evening. I certainly would be lost without them.

R. RICHARDS KING,
34 Green St., Brooklyn, N. Y.

For the Growing Boy

Personally, I have something that I can truthfully state, which might be of a good deal of benefit to you. During the past winter, I had a young nephew living with me, who has always had the most delicate appetite, having been an invalid almost from his birth. When he came to me, the first of December, he weighed but fifty-two pounds. His principal article of food, from the day he came to me until his return home in May, was Shredded Wheat Biscuits and cream. He attended school regularly, did not skip a day, and weighed seventy-six and a half pounds when he left Boston for Maine. Certainly that is a pretty good record for Shredded Wheat Biscuits.

E. E. JONES,
79 Milk St., Boston, Mass.

Cut Teeth Without a Sick Day

Our baby began using Shredded Wheat Biscuit when but six months old. She is now twenty-six months old, has cut all her teeth, and never saw a sick day during all that time. She is a perfect specimen of health and strength, as the picture will show. Shredded Wheat is simply fine.

Mrs. J. T. RHYMO,
College Hill, Ohio.

Tuberculosis Patients Need a Nourishing Food

As an all-around food, food that feeds, your Shredded Whole Wheat is the food above all others. Tuberculosis patients depend mainly on pure and nourishing food to effect a cure, and in Shredded Whole Wheat we have a food that furnishes the desired nourishment when taken with plenty of cream, and a food that does not disturb the digestive organs, but, to the contrary, improves digestion. I heartily endorse Shredded Whole Wheat. C. J. BAILEY, Sup't,

White Mountain Tuberculosis Sanitarium,
North Conway, N. H.

Cleanliness of Plant and Process Convinced Him

In March, 1902, I had the pleasure of being shown through your remarkable establishment at Niagara Falls, and wrote my impressions of it for publication in our home press. I was so favorably impressed with the process of manufacture and the scrupulous cleanliness in every department, that I have no hesitation in making use of your Shredded Whole Wheat Biscuit on our table, which we do every day, and in recommending them to my patients.

Dr. J. W. BULLARD,
Harrington Bldg., Pawnee, Neb.

Nervous Exhaustion Cured

During the past Winter my daughter was very ill for three months. Bankrupt nerves was the cause. She was failing from day to day when we called Dr. Sutherland, the specialist and head of the Homœopathic Hospital, Boston, and he told us to feed her on all the milk we could give her, also eggs and Shredded Wheat Biscuit, which was the very best food for her. We did so, and now she is well and strong.

Mrs. H. T. PEVEAR,
165 Washington St., Lynn, Mass.

Always Ready for the Unexpected Guest

We have used Shredded Wheat in our family for seven or eight years and find it a great saving in work as well as a benefit to the health. With a supply of Shredded Wheat we have no confusion in preparing for the unexpected guest, because there are so many dishes that one can prepare in a hurry with Shredded Wheat as a basis.

RUTH FOSS,
Southern Pines, N. C.

Protecting the Public Health

This is to certify that permission is hereby given to The Shredded Wheat Company of Niagara Falls to sample the city with their products. They are pure food products.

We have an ordinance forbidding sampling the city with nostrums and articles of food prejudicial to the public health, and we try and enforce it. Shredded Wheat Biscuit and Triscuit I consider absolutely pure foods, using them in my own house, and assisting your agents in their work in sampling the city all that I can. The law was framed to protect such products as your company manufactures.

WM. CUNNINGHAM, M. D., Health Officer,
Bay City, Mich.

Had Lost Heart Altogether

I am sending by this post two amateur photos of my only child, now a bright, bonny boy. About three months ago he was seriously ill with measles, and is now only getting strong again after a great deal of anxiety as to the final turn of affairs.

When he got up from his bed of sickness, nothing in the way of food, however daintily prepared, seemed to tempt him. You may imagine my dilemma, knowing his strength must be maintained at any cost. A lady friend called and asked me if I had tried Shredded Wheat Biscuit at all. I replied that I was losing heart altogether, and especially in the way of patent foods. Anyway, she brought me a box of your highly-renowned food, and my little boy was coaxed into trying one with boiled milk and sugar. No sooner had he begun eating the little cake than he exclaimed, "It is lovely." From that day up to the present he has been having, on an average, five Biscuits daily with hot milk, stewed fruit generally, and a little sugar. This food has become an established diet with him, and I'm more than thankful to say that he has become physically bonnier and healthier than before he took measles. He will not be seven years of age until August next, and is quite a tall, sturdy boy amongst his playmates.

Kindly accept my hearty thanks to your company for their splendid food, which I shall not be slow in praising and recommending to anxious mothers with delicate children.

Mrs. A. A. McKENNY,
246 Wordsworth Bridge Road,
Fulham, London, S. W., Eng.

The Cowboy's Food

I have used Shredded Whole Wheat Biscuit on the ranch for the past three years. My cowboys all eat them, and, as they say, they will stay with you on a long, hard day's ride.

RADCLIFFE DENNISTON,
Mgr. The Dakota Ranch, Medora, N.D.

Strength for the Day's Work

I have used your Shredded Whole Wheat Biscuit for breakfast for some time over one year, and find them all right. I eat three Biscuits for my breakfast every morning, and the more I use them the better I like them. I have to work very hard all day and find they give me strength to do it. Before using the Shredded Wheat Biscuit I always found a pain in my breast after eating, but since their use I have no such pain.

ALFRED M. LANCE,
3813 Cambridge Street, Philadelphia, Pa.

Remarkable Preserver of Health

I wish everyone knew the worth of Shredded Whole Wheat. Since I discontinued meat at the noonday meal some years ago and commenced the steady use of Shredded Wheat instead, I have not only rid myself of rheumatism, but have greatly strengthened my digestion. I consider it the very best food in the market for the person of weak digestion. Not only will it aid the sick to regain health, but it will prove a remarkable preserver of health. It is wholesome, delicious food. Many of my friends eat it regularly, and they all tell how much it has benefited them.

R. F. BOGARDUS,

4 and 6 Warren Street, New York, N. Y.

Strength for Both Mother and Child

It gives me very great pleasure to say how very highly I esteem your Shredded Wheat Biscuits. I consider them to be an ideal and perfect food. I have found them, personally, very valuable when suffering from indigestion and unable to digest starchy foods. I find them also excellent as a baby food. My youngest little daughter, for some time ate nothing else, in fact, refused all other kinds of food, and we have now in our home, a baby son, aged nine months, who is fed entirely on Shredded Wheat and milk. We call him the Shredded Wheat baby, and he is a particulary healthy and amiable child. Everyone who sees him remarks what a fine baby he is. I am sure all mothers would do well to bring up their babies on this splendid dish. You are at liberty to use this in any way you may wish.

A. F. WHITMORE,

London, Eng.

Everyone Asks: "What Do You Feed Her?"

I have found your Shredded Whole Wheat Biscuit invaluable as a food for my baby daughter. At two weeks of age she was put on a diet of Shredded Wheat gruel and cream, and that has been her food ever since. Now, at five months, she is such a wonder of healthy, fat, solid babyhood that everyone asks, "What do you feed her?" Her flesh is hard and solid, she weighs twenty pounds, has never been sick a day, never spits up her food, never has colic.

I simmer a Biscuit in water until it is a pulpy mass, and use two parts of this (strained) to one part of top of milk. I have recommended this food to numerous mothers in this town, where my husband is a professor in the State University, and the result has always been satisfactory.

Mrs. JOHN HOMER HUDDLESTON,

Orono, Maine.

Easy to Prepare and Very Inexpensive

Having read so much about using patent food for babies, I should like to say that my two little girls, one aged three years and the other eleven months, have been raised on Shredded Wheat alone. They are beautiful children, and owe their happy dispositions to your food. As a baby food, I prepared it according to directions given in your little book. My babies never need a physic, have never had summer complaint, and have cut all their teeth without any trouble. I find the food very easy to prepare, and very inexpensive, costing about forty cents a week.

I have a friend whose little one could retain no food of any kind, the doctor had given it up to die, but at her aunt's suggestion she gave it Shredded Wheat, and today it is a strong, healthy boy. Should you like my babies' pictures, I will be glad to send them to you. I hope that mothers all over the country will discover the merits of your wonderful food.

Mrs. HELEN DONOVAN,

Paw Paw, Mich.

Colds Don't Bother Them Now

Allow me to say that I consider that I have at last found in Triscuit my bread for dinner and my lunch after my evening's work. For eight years I have almost lived on Shredded Whole Wheat Biscuit and all my children eat them with great relish. They have not been sick a day all winter, their systems have been kept clear and healthy, and they cannot catch cold, for a sound, healthy system is proof against it.

Dr. A. D. DECKER,

Pastor First M. E. Church

Susquehanna, Pa.

Was Puny and Weak--Now Well and Strong

To Shredded Whole Wheat I feel I owe a good deal. My little son was a very delicate baby, and we could find nothing to agree with him. He was puny, and ill-nourished, when some one suggested Shredded Wheat Biscuit, we began using them, and now he is well and strong, and I believe a great deal is due to Shredded Wheat. He lived on them practically for two years, and never seems to tire of them, but has one every morning.

Mrs. H. B. NOYES,

Mystic, Conn.

Used Medicine Daily—Needs it No Longer

I wish to tell you of the benefits which I have derived from the use of Shredded Wheat Biscuit and Triscuit.

I have been a sufferer from chronic constipation for fifteen years, until a year ago last April when my son persuaded me to leave off white bread and use Shredded Wheat Biscuit instead. Until I left off white bread and began using Shredded Wheat Biscuit I had to take a dose of medicine for constipation almost daily. Since I began using Shredded Wheat Biscuit and Triscuit I have not taken any medicine, and have been troubled but slightly with constipation since.

I know this reads almost like a patent medicine advertisement, but nevertheless it is the truth. I really cannot praise Shredded Wheat Biscuit and Triscuit too highly.

Mrs. ANNA B. CROW,

Sherman, Ill.

The First Step in Digestion

Triscuits are very palatable and have just the right crisp to them to bring on the flow of saliva which is so essential to the aid of digestion.

Dr. W. A. LAMPMAN,

Hastings, Mich.

Strength for the Working Man

I have been a user of Shredded Wheat Biscuit for eleven years. At that time I started using two Biscuits, which I increased to five about five years ago, and I now eat five Biscuits six mornings out of every week. I cannot find any food that I know is so healthy for a working man to use. I am on the move from half past four in the morning until eight o'clock at night, am 52 years old, never sick, eat very little meat, some days not any. Have from five to fourteen men at work. Keep my accounts, do my chores morning and night, keep two-horse team, which I take care of. Now, I say I could not do all this but for the Shredded Wheat.

F. S. POTTER,
Office, 730 Water St., Fitchburg, Mass.

General Principles of Cookery

In the condition in which man finds most of the natural substances used as food they are difficult of digestion. By the application of heat, he can change the character of his food, make it more palatable and digestible, without disorganization of its elements. The application of heat to animal and vegetable substances for such purposes constitutes the principles and science of cookery. For example, take the potato. In one thousand parts are found 760 parts of water, 200 parts of starch, and some mineral salts and albuminous compounds. In cooking, the moisture in the starch cells will cause them to burst. This disintegration of the starch cells is necessary before it becomes fit for the human system. The starch in all vegetable substances must undergo a similar change before it can be mixed with the various fluids developed in the mouth and in the walls of the alimentary canal. Some of these fluids, such as the saliva and pancreatic fluid, change the starch into dextrin and then into grape sugar, a change which appears to be necessary before the carbon or hydrogen can be oxidized. Without the preliminary operation of cooking, this change in all cases would be imperfect and often impossible. The thorough cooking of starchy food is of the utmost importance. If this is done imperfectly, the albuminoid envelope which encloses the starch granules has to be dissolved by the gastric juice. This is often difficult and sometimes impossible.

The chief constituents of animal food are albumen, fibrin and fat, with mineral salts and juices. The flavor of meat is due to the osmazone, and some methods of cooking, such as roasting and boiling, appear to increase this flavor. Albumen and fibrin form about one-fifth of the meat. The former always coagulates by heat, and the expansion of the juices tends to separate the solid fibers, this separation depending very much on the method of

cooking. Albumen is as constant a constituent of animal food as starch is of vegetable, but these bodies differ greatly in their chemical compositions and the changes which they undergo in the stomach. Albumen is taken into the system as an insoluble substance, but in contact with the gastric fluid becomes soluble—a condition necessary for every kind of food before it can nourish the body.

BROILING. Perfect broiling is done over a clear, uniform, charcoal fire, which should slightly incline towards the cook. In this kind of cookery, the object is to coagulate as quickly as possible all the albumen on the surface and seal up the pores of the meat, so as to keep within it all its juices and flavor. It is therefore necessary thoroughly to warm the gridiron or broiler before putting on the meat, thus preventing the heat of the fire from being absorbed by the metal while the juices and flavor of the meat run into the fire. Rubbing the bars with a piece of fat taken from the meat to be broiled, or chalk or olive oil if fish is to be broiled, is customary, to prevent the article to be broiled from sticking to the bars.

ROASTING. Two conditions are essential to good roasting: a good fire and frequent basting. The meat, at first, should be placed close to a brisk fire for six or seven minutes, to coagulate the surface albumen. It should then be drawn back a short distance and roasted slowly. If a meat screen is used, it should be placed before the fire and heated before the meat is put to roast. The heat radiating from a good open fire quickly coagulates the albumen on the surface of the meat and thus, to a large extent, prevents that which is fluid in the interior from solidifying. The time for roasting varies slightly with the kind of meat, the size of the joint or fowl, etc., and the condition of the fire, but under ordinary conditions, beef and mutton require sixteen to seventeen minutes to the pound; veal and pork, nineteen minutes. A good way to tell when a joint is done, is to press the fleshy part with a

blunt skewer or wooden spoon; if the meat yields easily, it is done; game or poultry, by feeling the leg at the first joint or drumstick. Open fires or ranges are not now generally in use, but the difference between the results obtained from a closed oven or an open fire is so remarkable that the former method must not be confounded with baking, for roasting, when well done, is a wholesome method of cooking meat.

BAKING. The baking of meat is in many ways objectionable, and has been brought about by the gradual disuse of open ranges and grates. This method reverses the true order of cooking, beginning by the lowest temperature and finishing with the highest. Baked meat, which is now often called roast meat, has not the delicate flavor, or the digestibility of roasted meats. The vapors given off by the charring of the surface and the peculiar odor of the empyreumatic oil are unable to escape, and thus the meat is cooked in an atmosphere charged by these vapors.

Baked meat pie is less objectionable than plain baked meat, because in the pie, the surfaces of the meat are protected by a bad conductor of heat from that charring of the surface which generates empyreumatic vapors, and the fat and gravy, rising gradually in temperature, assist in the cooking which more nearly resembles stewing than baking. When baking dishes which contain eggs, it should be remembered that the albumen becomes harder (consequently more indigestible), according to the time occupied in cooking. Under like conditions, about the same time is required for baking as roasting. Baking is, of course, especially suited for the cooking of puddings, etc.

BOILING. Being one of the easiest methods of cooking, its success depends on certain conditions which may appear trifling, but which are necessary for the success of this method:

1. The fire must be regulated to give a constant, moderate heat.
2. The saucepan must be scrupulously scoured if made of

metal. If of granite, it must not be chipped. The contents must not come in contact with the under metal.

3. The saucepan or container of whatever description should have a close fitting lid.

4. The saucepan should be large enough to hold sufficient water to cover and surround the meat.

Many differences of opinion exist among cooks as to whether the meat should be put into cold water and gradually brought to the boiling point, or should be put into boiling water. Such divergence of opinion is altogether unscientific, for it is whether boiled meat or soup is desired, which should determine the method of boiling.

For example, if a piece of meat be put into water at a temperature of 60 degrees Fahrenheit, and gradually raised to 212 degrees, the meat is undergoing a gradual loss of its soluble and nutritious properties, which are dissolved out of the meat, the fibers become hard and stringy, and the thinner the piece of meat the greater the loss of all those sapid constituents which make boiled meat savory, juicy and palatable. Thus to put meat into cold water is positively the best method for making soups and bouillons, but at the end of the operation, the meat has lost all its juicy, sapid and nourishing properties. The best method of boiling meat is to put the meat into boiling water, and after boiling seven minutes, to place the pot or saucepan containing the meat where its contents will not reach a temperature above 200 degrees, twelve degrees below the boiling point.

The effect of placing meat in water when in a state of ebullition is to coagulate the albumen of the surface of the portion. This prevents (but not entirely) the juices passing into the water, and the meat thus boiled has lost less weight, has more flavor, and is more nourishing. It is impossible to boil meat without extracting some of the juices.

When soup is a secondary consideration, practice the method of placing the meat to be cooked in boiling water; but in either case the liquor should be made into soup.

STEWING. This method is generally practiced in the preparation of made dishes. It is the method by which meat and other edibles are slowly cooked in close vessels. By stewing, the coarsest of meat may be made tender and digestible. There is an endless list of dishes the making of which is rendered possible by this method of cooking. The far-famed "Chicken and Beefsteak en Casserole" are stews made in earthen dishes.

FRYING. There are two methods of frying. The dry method, as in frying pancakes or griddle cakes, and the wet method, as when the article to be fried is immersed in a bath of hot fat.

In frying according to the second method, a frying kettle and a wire frying basket are used. The articles to be fried are placed in the basket and immersed in the hot fat. The hot fat should be heated gradually until it attains a temperature of about 400 degrees Fahrenheit. The most successful frying is accomplished when the fat rises two or three degrees during the frying. If the temperature is too low, the articles immersed in the fat are grease soaked. If, on the other hand, the temperature is too high, they are charred. Care should be taken not to lower the temperature too much by putting in too many things at once in the hot fat. Fried edibles should be crisp and free from fat, and placed on soft paper immediately on being taken out of the frying medium.

Olive oil and clarified butter are best for frying, though drippings and lard are commonly used.

Shredded Wheat Biscuit Recipes

A FEW OF THE SIMPLEST AND MOST WHOLESOME SHREDDED WHEAT DISHES

Because of its porous shreds and its Biscuit form, Shredded Whole Wheat lends itself to a great variety of wholesome cookery. It quickly takes up the acid juices in fruits and neutralizes them, presenting them to the stomach in digestible form. Thousands of persons who cannot eat strawberries, peaches, or other fruits without distress may eat them in combination with Shredded Wheat Biscuit and thoroughly enjoy them, for the reason that they are perfectly and naturally assimilated.

It forms equally palatable and delicious combinations with creamed oysters, meats, and all kinds of vegetables. Indeed, there is hardly any limit to the culinary possibilities of Shredded Wheat. Some of the expert chefs who have experimented with it find they can make several hundred dishes with Shredded Wheat. In this book we give the simpler and more nutritious ones which may be easily made by any cook or housekeeper in any home.

To accommodate those who do not believe in the use of salt, or prefer very little, no salt is used in making Shredded Whole Wheat Biscuit. Those who relish or feel that they require the salt may add to suit the taste.

Shredded Wheat crumbs are far superior for crumbing fish-balls, chops, croquettes, oysters, etc., and for stuffing, and for all dishes where crumbs are used, such as escaloped oysters, souffle', etc., to the ordinary bread or cracker crumbs.

Because of the porous structure of the shreds, and as they are made very crisp in the baking, the Biscuit will at times absorb moisture. This, however, can be immediately removed by thoroughly heating the biscuit in the oven, which will at once restore its original delicious crispness. This should always be done just before using the biscuit in whatever form.

Shredded Wheat Biscuit for Breakfast

Thoroughly heat the Biscuit in the oven to restore crispness. Then place the Biscuit in a saucer or bowl and pour hot milk over it. Pour a little cream over the top of the Biscuit, and salt or sweeten to suit the taste. If preferred, cold milk, instead of hot milk, may be used.

There are many other appetizing ways of serving Shredded Wheat for breakfast. You are sure to like it in one of these ways: Dip the Biscuit quickly in milk, drain, and then add cream. Or, dip the Biscuit in milk, drain, and fry in butter, after which it may be served with a little cream. If you don't like milk or cream, dip the Biscuit quickly in hot salt water, and place a chunk of butter on it, allowing the butter to melt into the shreds. The Biscuit is also delicious when split and heated in oven and eaten with butter the same as any toast.

Poached or Scrambled Eggs on Shredded Wheat Biscuit

Moisten the Biscuit slightly with cold water, place small bits of butter on top, put in a buttered pan in hot oven about three minutes. Use as a toast for scrambled or poached eggs.

Shirred Eggs in Shredded Wheat Biscuit Baskets

Six eggs, 6 Shredded Wheat Biscuit, 2 tablespoons butter, salt and white pepper, 1 cup milk. Turn the milk into a shallow dish. Prepare the Biscuit baskets by crushing an oblong cavity in the top of the Biscuit with the bowl of a teaspoon, and removing the inside shreds. Dip the bottom of the basket lightly in the milk and place in buttered pan. Put little bits of butter in bottom of Biscuit baskets, salt and pepper lightly, and break an egg into each basket. Put little bits of butter on top, salt and pepper, set in moderate oven until white of the egg is set. Remove from pan with pancake turner to warm plate and serve at once.

Creamed Eggs on Shredded Wheat Biscuit

Four eggs, $\frac{1}{2}$ cup thin cream, 1 tablespoon butter, $\frac{1}{4}$ teaspoon salt, 3 tablespoons grated old English cheese, $\frac{1}{2}$ teaspoon paprica. Split and toast the Biscuit. Break the eggs separately in a saucer. Melt the butter in the blazer, then add the cream, and when it is hot slip in the eggs. When the eggs are nearly cooked, sprinkle over them the grated cheese, and season with the salt and paprica. Place the eggs on the toasted halves of Biscuit, turn the cream over them and serve.

Shredded Wheat Biscuit Gruel for Infants and Invalids

One pint of water, 1 Shredded Wheat Biscuit, salt to taste, 1 cup of milk. Bring the water to a boil, add Shredded Wheat Biscuit and salt, cook half an hour in a double boiler, stirring frequently. Then add the milk, and when hot it is ready to serve. If it be used for an infant or small child, strain.

Shredded Wheat Substitute for Pancakes

Saturate the Biscuit thoroughly with hot water, lay all over the top thin slices of butter and serve, while still hot, with ample maple syrup or powdered or plain sugar.

Shredded Wheat Cream Toast

One quart of milk, 4 tablespoons flour, 1 tablespoon butter, salt to taste, 6 Shredded Wheat Biscuit. Heat the milk in a double boiler, put the cover on. When hot, add the flour previously mixed with a little cold milk, stir, and cook until smooth and thick. Add the butter and salt, and keep hot while preparing the Biscuit, splitting them lengthwise, then toasting lightly. Finish by turning the hot cream sauce over the Biscuit and serve.

Fish Balls with Shredded Wheat

One-half pound salt codfish, 4 Shredded Wheat Biscuit rolled and sifted, 1 tablespoon butter, 1 pint hot milk, $\frac{1}{4}$ teaspoon white pepper, 1 egg; for crumbing, 2 Shredded Wheat Biscuit, rolled and sifted. Freshen the fish and chop or pick very fine, add crumbs and pepper, and mix well. Add butter and hot milk, stirring well. Let stand five minutes. Make into balls, roll in the egg beaten light, then in the crumbs, and fry in deep fat.

Fish Chops with Shredded Wheat

One can salmon, 5 rolled Shredded Wheat Biscuit sifted, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, 1 cup white sauce, 1 well-beaten egg, 1 tablespoon water, macaroni. Drain off the oil, remove skin and bones, and pick the salmon very fine with a fork. Add salt, paprica, and 1 rolled and sifted Shredded Wheat Biscuit. Mix thoroughly and add the white sauce. Set away to get cold, shape into chops, stick a piece of macaroni in the end for the chop bone, roll in the egg and water, then in the sifted biscuit crumbs and fry in deep fat. Garnish with parsley and serve with quarters of lemon.

Fried Fish or Meat with Shredded Wheat

Wash the fish thoroughly, wipe dry, sprinkle with salt, dip in beaten egg, then roll in Shredded Wheat crumbs, rolled and sifted. Place in frying basket and fry in hot fat. If fish is large, cut into pieces, and proceed as directed. Shredded Wheat may be used nicely also in the same way for fried veal, pork, or other fried meats.

Shredded Wheat Stuffing for Roast Turkey, Chicken, Duck, or Other Fowl

Eight Shredded Wheat Biscuit, rolled and sifted, 2 teaspoons herb dressing, 1 tablespoon minced parsley, 2 level teaspoons salt, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup boiling water. Mix the dry ingredients and parsley, melt the butter and add boiling water to it, mix with the dry ingredients, stirring it well. The same stuffing may also be used for baked fish or roast meat.

Shredded Wheat Chicken, Meat or Oyster Pie

Prepare creamed chicken, oysters or meats in the usual way. Butter shallow individual baking dishes or bowls. Sprinkle toasted Shredded Wheat crumbs in the baking dishes, as much as will adhere to the sides. Fill the baking dish thus lined with the creamed preparations, sprinkle layer of the Shredded Wheat crumbs on top, finish with bits of butter, and bake in the oven a few minutes. Serve in the dish it has been baked in.

Strawberries in Shredded Wheat Biscuit Baskets

Prepare berries as for ordinary serving. Crush an oblong cavity in the top of the Biscuit with the bowl of a teaspoon, removing the inside shreds from the basket or patty shell. Heat the Biscuit basket thoroughly in the oven, then fill with the strawberries in their own juices, and serve with milk or cream. Sweeten to suit the taste. Raspberries and blackberries can also be served in the same way. Or, if preferred, instead of making the Biscuit basket the berries with juices can be poured over the Biscuit and then served with milk or cream and sugar the same as before.

Peaches in Shredded Wheat Biscuit Baskets

Pare and slice the peaches as for ordinary serving. Make the Biscuit basket as directed in preceding recipe, heating thoroughly in the oven just before using, and fill with the sliced peaches in their own juices. Serve with milk or cream, and sweeten to suit the taste. In the same manner sliced bananas, pineapples and other fruits, fresh, stewed or canned, can be used with Shredded Wheat Biscuit. Or, if preferred, instead of making the Biscuit basket a quantity of the fruit with juices can be poured over the Biscuit and then served with milk or cream and sugar the same as before.

Baked Apple with Shredded Wheat Biscuit

Heat the Biscuit in the oven to restore crispness. Place the baked apple in dish with the Biscuit, as in illustration, pouring milk or cream over both; sweeten to suit the taste. Or, after making the Biscuit basket as previously directed, remove the rind and place the baked apple in cavity on top of the Biscuit. Pour over it milk or cream, and sweeten to suit the taste.

Chicken Shredded Wheat Patties

One cup white stock, 1 cup milk, 4 level tablespoons flour, 4 level tablespoons butter, 1 teaspoon salt, $\frac{1}{4}$ teaspoon white celery pepper, 2 cups cold chicken cut in cubes, 6 Shredded Wheat Biscuit. Put the stock and milk to heat. Blend butter and flour, add the hot milk, a little at a time, cook two minutes, add seasoning and chicken, and keep hot. With the bowl of a teaspoon crush a cavity in the top of the Biscuit, removing the inside shreds to form a patty shell. Heat thoroughly in the oven and fill with mixture. Put back in oven five minutes, remove to warm platter, and pour over them the remaining mixture.

Chicken Fricassee with Shredded Wheat Biscuit

Clean, singe, and cut the chicken into pieces for serving. Cover with boiling water, add 1 teaspoon salt and $\frac{1}{2}$ teaspoon white pepper. Cook slowly till tender, reducing the water to 1 pint. Take the chicken from the water, remove the large bones, put the chicken where it will keep warm. Add to the pint of stock $\frac{1}{2}$ cup cream. Blend together in saucepan 3 tablespoons butter and 5 tablespoons flour, add the hot stock and cream, stirring till thick and smooth. Season to taste with celery salt and white pepper. Place the chicken in the sauce an' keep hot while you prepare 5 Shredded Wheat Biscuit as directed in the preceding recipe. When heated, place Biscuit on warm platter, and arrange chicken neatly on the Biscuit. Turn the sauce over all and serve at once.

Oyster Shredded Wheat Patties

One quart oysters, 8 Shredded Wheat Biscuit, 1 pint milk, 4 level tablespoons flour, 4 level tablespoons butter, 1 teaspoon scraped onion, 1 cup oyster liquor, salt and white pepper. Make the Biscuit baskets or pattie shells as explained in preceding recipes. Sprinkle with salt, dust with pepper, and put a small piece of butter in bottom. Pick over the oysters and fill the Biscuit baskets or pattie shells, season with salt, pepper, and put in buttered pan. Put bits of butter on top, cover the pan, and bake in quick oven twenty-five minutes. Serve with white sauce made from the milk, oyster liquor, flour, butter, $\frac{1}{2}$ teaspoon salt, and 1 teaspoon scraped onion.

Clam Shredded Wheat Patties

One quart clams, 8 Shredded Wheat Biscuit, $\frac{1}{4}$ pound butter, white pepper, salt, 1 cup milk. Pick over the clams and chop the hard part. Strain the liquor, add to the chopped part of clams, then add the soft part. Prepare the Biscuit basket or pattie shell in the same way as for oyster patties, and place in a buttered pan. Fill with the clams, season with salt and pepper, put bits of butter on top, cover the pan and bake twenty-five minutes. Serve with white sauce.

Creamed Dried Beef on Shredded Wheat Biscuit

One-half pound dried beef chipped fine, 4 level tablespoons Entire Wheat Flour, 4 level tablespoons butter, 1 pint hot milk, dash cayenne, 8 Shredded Wheat Biscuit. Melt the butter in a saucepan, add beef, cayenne and flour, stir well and add hot milk, a little at a time, cooking till thick and smooth. Serve in Biscuit baskets or on moistened Biscuit, prepared as in first recipe.

Creamed Peas in Shredded Wheat Biscuit Baskets

One quart cooked green peas or 1 can peas, 2 cups milk, 2 tablespoons flour, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, 1 teaspoon scraped onion, 6 Shredded Wheat Biscuit, 1 tablespoon butter, 1 teaspoon salt. If green peas are used, cook in boiling unsalted water till tender. Just before they are done, add 1 teaspoon salt. Then drain and add 1 level tablespoon butter. Make a white sauce of the milk, butter, flour, salt, paprica and onion juice, cook two minutes and add the peas. Prepare the Biscuit baskets by crushing the top of the Biscuit with the bowl of a teaspoon and removing the inside shreds. Heat thoroughly in the oven, fill with the creamed peas and serve hot, sending the remaining sauce to the table in a pitcher to be added there.

Asparagus Shredded Wheat Patties

Two bunches fresh asparagus, or one can of canned asparagus, 1 cup milk, 2 level tablespoons butter, 1 level tablespoon flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, 8 Shredded Wheat Biscuit. Wash and cut the asparagus into small pieces, boil in salted water till tender. Drain and add 1 tablespoon butter. Salt and pepper to taste, and pour over it white sauce made of the milk, flour, salt, paprica and one tablespoon butter. Prepare the Biscuit baskets or pattie shells as for oyster patties, and heat thoroughly in the oven, fill with the mixture and serve hot. If canned asparagus is used, drain in colander and let cold water run through it a minute. Heat and proceed as with fresh asparagus.

Mushrooms in Shredded Wheat Biscuit Baskets

Put two tablespoons butter in the frying pan. When it is melted, put in, top down, 20 medium sized mushrooms, washed and peeled, cook slowly 15 minutes, not letting the butter burn. Then take out the mushrooms, keep them hot, add in the frying pan 1 tablespoon of butter and 2 tablespoons of flour. When well blended add sufficient chicken or beef broth to make a sauce of the consistency of double cream, seasoned to taste. Make the Biscuit baskets or pattie shells as previously directed. Place in a pan and heat thoroughly in oven, then fill with the prepared mushrooms, garnish with parsley and quarters of lemon.

Shredded Wheat Biscuit Dainties

Split the Biscuit lengthwise, dip the bottom half quickly into cold milk, and place on plate on which it is to be served. Spread lightly with currant, crab-apple, or grape jelly. Dip the top half in the milk, drain off all the milk possible, and cover the jelly. Spread the top in the same manner, and decorate with little mounds of whipped cream, part of which may be colored with a little of the jelly whipped into the cream; place in alternate moulds, capped with a little cube of the jelly. Nuts and dates, or nuts and figs, chopped together, may be substituted for the jelly, capping the cream with the nuts and fruit.

Strawberry Shredded Wheat Shortcake

One quart strawberries, $\frac{3}{4}$ cup granulated sugar, 6 Shredded Wheat Biscuit, 1 pint milk, 1 cup cream, whipped or plain. Pick over and wash the berries. Crush half of them, sprinkle with the sugar, and set in a cold place till chilled. Split the biscuit lengthwise with a sharp-pointed knife. Dip the bottom half in the milk,

drain off all the milk possible, then cover with a layer of the crushed berries, allowing the juices to saturate the shreds. Dip the top half of the biscuit, drain and cover the berries. Place layer of the whole berries on top, and dress with the cream. Strawberries may be served very nicely also in Shredded Wheat Biscuit baskets by filling the baskets with crushed berries, and bedding the whole berries on top of the crushed ones. See preceding recipes or first colored page for preparing the baskets. The Biscuit may be served in the same manner with raspberries, blackberries, bananas, peaches, or any suitable berries or fruit.

Peach Shredded Wheat Shortcake

Twelve ripe peaches, 1 cup granulated sugar, 6 Shredded Wheat Biscuit, 1 pint milk, 1 cup cream, whipped. Peel and cut the peaches into small pieces, add the sugar and set on the ice one hour. When ready to serve, split the Biscuit and proceed as for Strawberry Shredded Wheat Shortcake.

Bananas with Shredded Wheat Biscuit

Six Shredded Wheat Biscuit, 4 bananas, 1 pint milk, $\frac{1}{4}$ cup fine granulated sugar, 1 cup cream, whipped, 2 tablespoons powdered sugar. Peel and slice the bananas with a silver knife, cover with the granulated sugar, and set in a cool place. Prepare the Biscuit by dipping in the milk, drain off all the milk possible, place on the plates on which they are to be served. Split and fill with the prepared bananas, put the top half back. Put layer of bananas on top, cover with whipped cream sweetened with the powdered sugar, and decorate with little cubes of bright jelly. Sliced bananas may also be served in the Biscuit baskets with milk or cream. Or, if preferred, the sliced bananas can simply be placed on top of the Biscuit and then served with milk or cream and sugar the same as before.

Pineapple in Shredded Wheat Biscuit Baskets

One pineapple, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup ice water, 6 Shredded Wheat Biscuit. Pare and remove all the eyes from the pineapple, cut into slices and pick into shreds with a silver fork. Place layer of pineapple in earthen dish, sprinkle with sugar, and proceed in this way until the pineapple and sugar are used. Then turn over all the $\frac{1}{2}$ cup ice water. Set away in cool place till ready to serve, or if needed at once, mix all thoroughly and let it stand while you prepare the Biscuit baskets as previously directed. Then fill the baskets with the prepared pineapple, using all the syrup, allowing it to saturate the Biscuit thoroughly. Serve on individual plates.

Shredded Wheat Biscuit and Stewed Prunes

One pound prunes, 4 cups cold water, $\frac{1}{2}$ cup sugar, 1 lemon, sliced, 6 Shredded Wheat Biscuit, 1 pint milk. Wash the prunes thoroughly, put in saucepan with water and sliced lemon. Simmer slowly until tender enough for the seed to slip out, then add sugar, and when all is dissolved remove seed and set away to get cold. Prepare the Biscuit as in the first recipe, fill with the prunes and serve. The prune juice or syrup can be used in place of milk or cream and sugar, if desired.

Shredded Wheat Biscuit with Apple Sauce

Six apples, $\frac{1}{2}$ cup sugar, 1 cup boiling water, 6 Shredded Wheat Biscuit. Wash, pare, and quarter the apples. Put them in a saucepan with boiling water, stew slowly till tender, keeping the saucepan covered. When tender add the sugar, stir gently until the sugar is dissolved. Pour into earthen dish and set away to cool. Split the Biscuit lengthwise, heat thoroughly in the oven, and put $\frac{1}{2}$ inch layer of the apple sauce between the halves. Serve with milk or cream and sugar.

Apple Charlotte with Shredded Wheat

Eight medium sized tart apples, 4 Shredded Wheat Biscuit, 3 cups water, $\frac{1}{2}$ cup sugar, $\frac{1}{8}$ teaspoon nutmeg, 4 level tablespoons butter. Wash, pare, and quarter the apples, put in a saucepan with water and sugar, and stew slowly, covered, till tender. Then add nutmeg and mix thoroughly. Split the Biscuit lengthwise, dip the bottom halves in 2 tablespoons melted butter. Butter a pudding dish, and place the dipped halves in the dish on bottom and sides. Turn in the prepared apples. Cover with the tops of the Biscuit, on which put bits of butter. Cover and bake one hour.

Apple Shredded Wheat Pie

One-half pound evaporated apples, or 6 large apples, 1 lemon, $\frac{1}{2}$ cup sugar, 6 Shredded Wheat Biscuit, 1 pint milk, 1 cup cream, whipped, 4 cups cold water. Core, pare, and quarter the apples, if fresh are used, or wash and pick over the evaporated apples. Add the water and lemon, and stew slowly till tender, then add the sugar, and when it is dissolved, take from fire. Strain off all the syrup, and cut the apples into small pieces. Prepare the Biscuit by first heating thoroughly in the oven, then dip in cold milk, drain off all the milk possible, place on plate on which it is to be served, and moisten with fruit syrup. Place enough of the

sliced apples on the Biscuit to be at least $\frac{1}{2}$ inch thick when distributed evenly. Distribute the apples with a knife, so as to be flat on top and straight and square on ends and sides. With knife spread top dressing of whipped cream lightly over top, sides and ends, allowing the fruit to show through. The cream may be ribbed with a fork made hot in boiling water.

Prune Shredded Wheat Pie

One pound prunes thoroughly washed, 4 cups of cold water, $\frac{1}{2}$ cup sugar, 1 lemon sliced, 6 Shredded Wheat Biscuit, 1 pint milk, 1 cup cream, whipped. Put the prunes, lemon and cold water in a saucepan on the fire, and then stew slowly till tender enough for the seed to slip out. Then add the sugar, and when it is dissolved, remove from fire. Turn the syrup off and set aside to cool. Remove lemon, and seeds from prunes, and chop the prunes into small pieces. Then proceed as in recipe for apple Shredded Wheat pie.

Jellied Apple in Shredded Wheat Biscuit Cups

Six apples, 6 Shredded Wheat Biscuit, 3 cups water, 1 pint milk, 1 cup sugar, $\frac{1}{4}$ box pink gelatine, $\frac{1}{4}$ cup cold water, juice of 1 lemon and $\frac{1}{2}$ the grated rind. Put gelatine to soften in $\frac{1}{4}$ cup of cold water. Wash, core, pare the apples and put them to cook in the water, simmering gently till tender. Line 6 cups with the top halves of the Biscuit dipped in the milk and drained, so as to be easily shaped in the cup. When the apples are tender, remove to a colander to drain, then place one in each cup. Add to the water in which the apples were cooked, the sugar, softened gelatine, lemon juice and rind, and cook till it reduces one-third. Turn this mixture over the apples till the cups are full. If there is any syrup left, save it to fill the cups, as the mixture cools. When cold and firm, turn out and serve with cream and sugar.

Shredded Wheat Steamed Fruit Pudding

Three cups rolled Shredded Wheat Biscuit, 1 cup flour, in which has been mixed $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ cup butter, 1 cup washed and chopped raisins, 2 apples chopped with the raisins, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $\frac{3}{4}$ cup molasses, 1 scant teaspoon soda, 2 cups sweet milk. Put the water on to boil before beginning the pudding, then butter the mold. Mix the butter and rolled Shredded Wheat Biscuit together. Add the flour in which the baking powder has been mixed, then the salt, cinnamon, nutmeg and chopped fruit. Mix well. Add the soda to the molasses, stir till foamy, add to the mixture. Mix and add the two cups of milk, stir it in well, pour into the buttered mold, cover and steam three hours. Serve with hard sauce.

Shredded Wheat Biscuit Fruit Sandwich

Four large apples, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup sugar, 2 Shredded Wheat Biscuit, $1\frac{1}{2}$ pound raspberry, strawberry, lemon or orange jelly or gelatine, the red-colored jelly or gelatine making the handsomest dish. Pare, core and quarter the apples, put in saucepan with the $\frac{1}{2}$ cup water and cook covered until tender, then add the sugar and set in a cool place until cold. Split the Biscuit lengthwise into halves, remove some of the inside shreds, put a layer of stewed apples between the halves. Into a narrow pan, long enough to take 2 Biscuit, placed end to end, turn the jelly to a depth of $\frac{1}{4}$ inch, and set in ice water to harden. When it is hard, place the Biscuit upside down in the pan and turn around them the remainder of the liquid jelly, then set away to harden. Serve with thin cream. In their season, strawberries, crushed or cut in halves, may be used as a substitute for stewed apples. Raspberries or other berries may also be used without cutting or crushing.

NOTE.—Your tinner can make the mold for you. Dimensions: Depth, $2\frac{1}{2}$ inches; length at top, 9 inches; length at bottom, $8\frac{1}{2}$ inches; width at top, $3\frac{1}{3}$ inches; width at bottom, $2\frac{3}{4}$ inches.

Charlotte Russe with Shredded Wheat

Quarter box gelatine, $\frac{1}{4}$ cup cold milk, 1 pint cream, $\frac{1}{3}$ cup powdered sugar, $\frac{1}{2}$ teaspoon vanilla, 5 drops almond, halves of three Shredded Wheat Biscuit. Soften the gelatine in cold milk, dissolve in hot milk and strain. Chill the cream and whip, add powdered sugar and vanilla. Stir in quickly the strained gelatine till thoroughly mixed with the cream. Beat, and when thick enough to drop, turn into a mold wet with cold water and lined with the halves of Shredded Wheat Biscuit, dipped in the milk, vanilla and almond, and thoroughly drained. Set in cold place till ready to serve, then turn out and garnish with cubes of jelly.

Shredded Wheat Ice Cream

One pint heavy cream, 1 pint milk, $\frac{1}{2}$ pound sugar, $\frac{1}{2}$ cup toasted Shredded Wheat Biscuit crumbs, tablespoon vanilla. Put the milk and sugar together in a saucepan on the range, let it come to a boil, remove from the fire, let cool about two minutes and pour in the Shredded Wheat crumbs. When cold add the cream and vanilla and freeze in the usual manner. Proportion of freezing mixture is 4 pounds of ice and 1 pound of salt. Turn rapidly. To do so will make the cream lighter and freeze quicker. When frozen, take out the paddle, scrape the sides, repack, cover lightly and let stand an hour before serving.

Shredded Wheat Fudge

One and a quarter pound granulated sugar, $\frac{1}{2}$ pint milk, 1 cup crushed Shredded Wheat Biscuit (not pulverized). Mix the sugar and milk and stir over the fire until dissolved. Then cover and let boil until a drop of the mixture when placed in cold water can be made into a soft ball. Take off from the fire and cool slightly by placing the saucepan into a basin of cold water. Add vanilla or any other flavor to taste. Then add the cupful of crushed Shredded Wheat Biscuit, working the mixture with a spoon so as to cream it. Work until smooth. Roll it to a thickness of an inch and cut into squares. To make Chocolate Shredded Wheat Fudge add grated chocolate to the mixture at the same time as the Shredded Wheat and flavoring.

Triscuit Recipes

To accommodate those who do not believe in the use of salt, or prefer very little, no salt is used in making Triscuit. Those who relish or feel that they require salt may add to suit the taste.

Because of the porous structure of the shreds, and as they are made very crisp in the baking, Triscuit will at times absorb moisture. This, however, can be immediately removed by thoroughly heating the Triscuit in the oven, which will at once restore their original crispness. This should always be done just before using Triscuit in whatever form.

When using a chafing-dish, and a hot oven is not available, Triscuit may be easily heated just before being used by placing them in the blazer of the chafing-dish, with cover on, over the hot-water pan, which should contain but very little water. In this way the Triscuit may be thoroughly heated, while the other ingredients, called for in the recipe, are being prepared. When ready to serve, the Triscuit will then be deliciously crisp and appetizing, making an ideal toast for chafing-dish cookery.

Triscuit with Butter, Cheese or Marmalade

Thoroughly heat the Triscuit in the oven to restore crispness. Use as a wafer or toast spread with butter, cheese or marmalade, or serve with beverages. Triscuit also forms a delicious basis for many dainty dishes, such as poached or scrambled eggs on toast, welsh rarebit, lobster *a la Newburg*, and for practically all chafing-dish combinations.

White Sauce

White sauce is one of the essential requisites of chafing-dish cookery. The method is always the same whenever butter and flour are used, whether brown or white sauce is to be made.

For two cups of sauce use: 5 squares butter, 4 level tablespoons flour, 2 cups liquid, light milk, cream or white stock according to the requirements of the dish to be made, white pepper or paprica and salt to taste. Put the butter in the blazer over the open fire. It is quicker this way, but it can also be made with the blazer

over the hot-water pan. Let the butter melt. It must not color or fry. Add the flour, blend and cook two or three minutes, then add gradually the liquid, stirring all the time. After all the liquid is in, and the sauce boils up once, it is ready. The addition of a few drops of lemon juice from time to time, when the sauce is being made, will whiten it.

Deviled Sauce

Four squares butter, 1 tablespoon chopped parsley, 1 tablespoon finely chopped onion, 1 teaspoon English mustard, 2 tablespoons vinegar, 1 tablespoon Worcestershire Sauce, cayenne, black pepper, salt. Put all the ingredients, except the Worcestershire Sauce, in the blazer over the open fire. When the mixture begins to boil, cook a minute longer, stirring all the time, add the Worcestershire Sauce last. Used for various deviled meats, fowls, game, etc.

Lobster `a la Newburg on Triscuit

No. 1

One boiled lobster, medium sized, 2 squares butter, 3 yolks of eggs, 1 gill of rich cream, nutmeg, salt and paprica. Split and crack the shell of the lobster, remove the meat and cut it into slices $\frac{1}{4}$ of an inch thick. Melt the butter in the blazer, put in the lobster meat, cook about three minutes, season with a grating of nutmeg, salt and paprica. Beat the yolks of the eggs, add the cream to the yolks, gradually pour this mixture into the blazer. As soon as the eggs thicken the sauce, serve immediately on warm Triscuit. The red Newburg is produced by the lobster coral, dried and powdered, and added to the above mixture.

Lobster `a la Newburg on Triscuit

No. 2

One cup of white sauce, $\frac{1}{2}$ pound lobster, 2 squares butter, 1 egg yolk, paprica. Make the cream sauce as previously directed. To a cup of the sauce add the lobster cut into delicate slices. When hot, shake in the paprica, bind with the yolk of egg. Serve on warm Triscuit.

Lobster in Butter on Triscuit

Three squares of butter, one medium sized lobster, 1 tablespoon of lemon juice, salt and white pepper. Put the butter in the blazer over the open fire. When melted, put in the lobster, cut one-half inch thick. When thoroughly heated add the lemon juice, salt and pepper. Serve on warm buttered Triscuit.

Welsh Rarebit on Triscuit

No. 1

One pound cheese, $\frac{1}{4}$ pound butter, 1 glass of cream or milk, salt, cayenne. Cut the cheese into small pieces and put it with the butter in the blazer, work them together with a spoon until the cheese is melted and hot—it must not come to a boil—keep it from getting too hot by putting in the cream or milk in small portions; season with salt and cayenne. Serve on warm Triscuit.

Welsh Rarebit on Triscuit

No. 2

One cup hot milk, $\frac{1}{4}$ pound cheese, grated, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon mustard, $\frac{1}{4}$ teaspoon paprica, 1 teaspoon flour, 1 egg well beaten, 1 teaspoon butter. Put the milk to heat. Mix cheese, flour, egg, mustard, salt and pepper in saucepan, and when the milk is scalding hot, add it, a little at a time, to the cheese mixture. Stir, cooking slowly, until smooth as cream. Take from fire and add butter, stir in well, and pour over the warm Triscuit.

Welsh Rarebit on Triscuit

No. 3

One half-pound American cheese, $\frac{1}{2}$ cup cream, 2 eggs, 2 squares butter, salt and paprica. Put the cheese in the blazer over the hot-water pan. When it begins to melt, add the butter. When smooth, add the eggs beaten light, and then the cream. Stir until cooked smooth, season to taste with the salt and paprica or Tobasco sauce. Serve on warm Triscuit.

Crab Meat `a la Newburg on Triscuit

One and a half cups cream sauce, $1\frac{1}{2}$ cups crab meat, 1 teaspoon lemon juice, salt and paprica, 2 yolks of eggs. Make the cream sauce as previously directed. Keep it hot in the blazer over the hot-water pan, put in the crab meat. When thoroughly heated, add the paprica, salt and lemon juice. Bind with the yolks of eggs. Serve on warm Triscuit.

Deviled Crabs on Triscuit

Three squares butter, 1 tablespoon flour, $\frac{3}{4}$ cup milk, 2 yolks hard boiled eggs, $\frac{3}{4}$ cup crab meat, 1 teaspoon lemon juice, 1 teaspoon English prepared

mustard, salt and paprica. Melt half of the butter in the chafing dish, add the flour, blend, pour in the milk gradually, stirring until thickened, pound and mix together the yolks and remaining butter. Add this to the sauce, then the lemon juice, mustard, salt, paprica, and last the crab meat. When hot serve on warm Triscuit.

Plain Oysters on Triscuit

Two dozen selected oysters, 2 squares butter, juice of half a lemon, salt and white pepper. Scald the oysters in the blazer, skim, add the butter, lemon juice, salt and pepper. Serve on warm buttered Triscuit.

Oyster Kromeskies on Triscuit

Select nice large oysters, scald them in their own liquor in the blazer. When plump, drain off the liquor, wrap each oyster in a slice of bacon, fasten with a toothpick, heat the blazer very hot and fry quickly. Serve on warm Triscuit, buttered and sprinkled with chopped parsley.

Fricassee of Oysters on Triscuit

Twenty-four large oysters, 2 squares of butter, $1\frac{1}{2}$ cups white sauce made as previously directed, salt and white pepper. Drain the liquor off the oysters into the blazer, let it come to a boil, skim, then put in the oysters with the two squares of butter. Place the blazer over the hot-water pan and cook until the oysters are shrivelled. Add the white sauce, season, and serve on warm Triscuit.

Oysters `a la Newburg on Triscuit

Proceed as directed for oyster fricassee, then bind the mixture with two yolks of eggs well beaten. Flavor with grating of nutmeg and one teaspoon of lemon juice. Serve on warm Triscuit.

Deviled Oysters on Triscuit

Make the fricassee of oysters as directed, and flavor the compound with paprica, 1 tablespoon each of onion juice and prepared mustard, teaspoon of Halford sauce and Worcestershire sauce to taste. Serve on warm Triscuit.

Oysters à la Creole on Triscuit

One pint of oysters, 1 cup stewed tomatoes, 4 squares butter, a heaping tablespoon of minced onion, a tablespoon of flour, a teaspoon of chopped parsley, Hungarian paprica, salt. Melt the butter in the blazer. Put in the chopped onions and brown nicely. Put in flour and stir until blended. Add the stewed tomatoes. When the tomatoes come to a boil and are thickened, add the oysters previously scalded and drained. Season with paprica and salt. Serve on warm buttered Triscuit.

Oysters with Scrambled Eggs on Triscuit

Four squares butter, $\frac{1}{2}$ dozen eggs, 1 cup scalded oysters cut in eighths, salt and paprica. Melt the butter in the blazer over the hot-water pan, add the eggs beaten just sufficiently to mix the yolks and whites, shake in the salt and paprica. When the mixture begins to curd add the oysters. Serve on warm buttered Triscuit.

Oysters Stewed in Milk with Triscuit

Two dozen selected oysters, 1 pint milk, 4 squares butter, salt and paprica. Put the oyster liquor into the blazer, let it come to a boil, then skim off the froth. Pour into a bowl, cover so as to keep it warm. Heat the milk, and when it is hot, add the butter, then the broth and oysters, season with salt and pepper. Cook until the oysters are scalded or shrivelled. Serve in shallow bowls into which you have placed a warm buttered Triscuit.

Oyster Crabs Fricasseed on Triscuit

Prepare one cupful of oyster crabs by cooking them in 4 squares of butter in the blazer over the open fire until they become a bright pink, then season and place the blazer over hot-water pan, and add one cup of cream sauce made as previously directed. When hot serve on warm Triscuit.

Stewed Clams on Triscuit

Scald the clams in their own liquor, skimming the froth. Pour them into a bowl, and keep covered and hot if possible. Put 4 squares of butter in a blazer over the hot-water pan, add 2 tablespoons of flour, then 1 cup milk gradually. When cooked and thickened, add 1 tablespoon chopped parsley, then the clams and their liquor. Season with salt and pepper, and cook about two minutes longer. Serve on warm buttered Triscuit.

Clams `a la Newburg on Triscuit

Two dozen little neck clams, 3 squares butter, paprica, salt, yolks of two eggs. Melt the butter in the blazer over the hot-water pan, blend in the flour, add the cream gradually, then the clams drained. When the mixture is hot, season and bind with the yolks of eggs beaten light. Serve on warm buttered Triscuit.

Hashed Clams with Triscuit

Cut very fine 2½ dozen little neck clams. Place the chafing dish over the open fire, put in three squares of butter, then the hashed clams and their juice. Add a teaspoon of minced chives or tender green onion tops, and two of parsley. When the contents of the blazer boils up, stir it, and when it boils up again, add enough Triscuit, crushed or rolled, to thicken the mixture. Season to taste and serve on warm buttered Triscuit. As Triscuit absorbs a great deal of moisture, care should be taken to prevent the mixture from getting too thick.

Scrambled Eggs on Triscuit

Four squares of butter, 6 eggs, 4 tablespoons cream, ½ teaspoon salt. Melt the butter in the blazer over the hot-water pan. Beat well together the eggs, salt and cream. When butter is melted, pour in the eggs and stir slowly until of the proper consistency. Serve on warm buttered Triscuit.

Scrambled Eggs with Bacon on Triscuit

Six slices of bacon, 6 eggs, 3 tablespoons cream. Cut the bacon into small pieces (about one-half inch square). Cook in the blazer over the open fire until brown, but not well done. If the bacon is very fat, pour off some of the excess fat, beat the eggs and cream together, pour over the bacon, and cook to the proper consistency. Serve on warm Triscuit.

Scrambled Eggs with Ham on Triscuit

Four squares of butter, 6 eggs, 3 tablespoons of cream, ⅔ cup boiled ham minced. Scramble the eggs as previously directed. When cooked, add the minced ham, season and serve on warm buttered Triscuit.

Scrambled Eggs with Olives on Triscuit

Proceed as directed in the preceding recipe but substitute olives for the ham, and serve on warm buttered Triscuit.

Scrambled Eggs with Chipped Beef on Triscuit

One cup dried beef, 3 squares butter, 6 eggs, 2 tablespoons cream, white pepper and salt. Put the chipped beef in the blazer over the open fire with just enough water to cover it. When it comes to a boil drain off the water and add the butter. When hot again, add the eggs and cream beaten together, salt and pepper to taste. Serve on warm buttered Triscuit.

Cheese with Scrambled Eggs on Triscuit

One-half dozen eggs, $\frac{1}{3}$ cup of milk or cream, 4 squares butter, $\frac{1}{2}$ cup grated cheese, salt and white pepper. Beat the eggs, place the blazer directly over the flame, with the butter in it. When the butter is melted (do not let it color), pour in the eggs to which you have added the cream, salt and pepper, stir slowly. Just before the eggs come to the proper consistency, sprinkle in the cheese. Immediately place the hot-water pan under the blazer, stirring as before until done. Serve on warm Triscuit.

Eggs `a la Creole on Triscuit

One quart can of tomatoes, $\frac{1}{4}$ cup ham minced, 3 squares of butter, $\frac{1}{4}$ teaspoon of crushed whole pepper, $\frac{1}{4}$ clove of garlic, crushed, 1 teaspoon of minced onion, salt, 6 eggs. Melt the butter in the blazer, add the onion, ham, pepper, garlic, fry slowly about ten minutes, add the tomatoes, cook until reduced to three half-pints. Salt to taste, mash through a coarse cloth, put the puree in the blazer over the hot-water pan, when hot break the eggs in a side dish, drop them in the tomato puree, one at a time, cook with the cover on. Serve on warm Triscuit with some of the sauce poured over.

Eggs Creamed with Cheese on Triscuit

Two level tablespoons butter, 2 level tablespoons flour, $1\frac{1}{2}$ cups milk, $\frac{1}{2}$ cup grated cheese, measured lightly, 4 hard-cooked eggs sliced, salt and paprica to taste. Melt butter, and when bubbling, add flour, stir until smooth; then add milk gradually until thickened. Add grated cheese, and when melted, add eggs. Heat thoroughly and season. Serve on warm Triscuit.

Creamed Vegetables, Meats, etc., on Triscuit

To make cream dishes of meats, shellfish, vegetables, etc., simply prepare the white sauce in the usual manner as previously directed. If lobster or shellfish are



SHREDED WHEAT WITH STRAWBERRIES AND CREAM.



SHREDED WHEAT WITH PEACHES AND CREAM.



SHREDDED WHEAT WITH BAKED APPLE AND CREAM



SHREDDED WHEAT WITH CREAMED OYSTERS, MEATS OR VEGETABLES.

used, it must be cooked and cut into slices or diced. If fish, such as halibut, cod or salmon, it should be flaked; oysters or clams scalped until shrivelled (two or three minutes), and drained; cold meats should be diced. Add to sauce, season, and serve on warm Triscuit.

Creamed Mushrooms on Triscuit

One cup cream sauce, 1 cup button mushrooms (canned), 2 squares butter. Drain the mushrooms, cook them two minutes in the butter over the hot-water pan, add the cream sauce, and a teaspoon of chopped parsley. Serve on warm Triscuit.

Fish Warm-Overs on Triscuit

Any variety of fish of a flakey nature may be used for warm-overs. In the blazer, melt 6 squares butter, put in 1½ cups of the cold flaked fish, sprinkle lightly with the paprica and salt, add a teaspoon of onion juice, and 1 cup rich tomato sauce. Serve on warm buttered Triscuit.

Beef Hash on Triscuit

Melt 4 squares of butter in the blazer, add 1 cup of chopped cold roast or boiled beef, 1 cup chopped potatoes, moisten with chicken, beef or veal broth or milk, season to taste, and serve on buttered Triscuit. Sprinkle over all finely minced chives or green onions. Corned beef, chicken, turkey, or any other kind of meat may be used instead of beef. Serve on warm Triscuit.

Chocolate Dipped Triscuit

Cut the Triscuit in sections crosswise, in four or more pieces. Melt prepared chocolate coating or liquor. Dip the section of Triscuit as you would any confection. Care must be exercised that the chocolate coating is not over-heated and must always be melted in a double boiler or pan.

Triscuit Confections

Dip sections of Triscuit in melted candy cream (fondant), flavored and colored to suit the taste and fancy. Dry on a sieve or lightly-oiled paper.

Housekeeper's Memoranda

Notes on Special Favorite Recipes

Housekeeper's Memoranda

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Housekeeper's Memoranda

Notes on Special Favorite Recipes

Index to Recipes

	PAGE
Apple Charlotte with Shredded Wheat	56
Apples, Jellied, in Shredded Wheat Biscuit Cups	57
Apple Sauce with Shredded Wheat Biscuit	56
Apple Shredded Wheat Pie	56
Asparagus Shredded Wheat Patties	54
Baked Apple with Shredded Wheat Biscuit	52
Bananas with Shredded Wheat Biscuit	55
Beef Hash on Triscuit	67
Charlotte Russe with Shredded Wheat	58
Cheese with Scrambled Eggs on Triscuit	66
Cheese Rarebit on Triscuit	62
Chicken Shredded Wheat Patties	52
Chicken Shredded Wheat Pie	51
Chipped Beef with Scrambled Eggs on Triscuit	66
Chocolate Dipped Triscuit	67
Clams a la Newburg on Triscuit	65
Clams, Hashed, with Triscuit	65
Clam Shredded Wheat Patties	53
Clams, Stewed, on Triscuit	64
Confections made with Triscuit	67
Crabs, Deviled, on Triscuit	62
Crab Meat, a la Newburg on Triscuit	62
Creamed Dried Beef on Shredded Wheat Biscuit	53
Creamed Eggs on Shredded Wheat Biscuit	49
Creamed Mushrooms on Triscuit	67
Creamed Peas in Shredded Wheat Biscuit Baskets	53
Creamed Toast, Shredded Wheat	50
Creamed Vegetables on Triscuit	66
Deviled Crabs on Triscuit	62
Deviled Oysters on Triscuit	63
Deviled Sauce for Triscuit Cookery	61
Dried Beef, Creamed, on Shredded Wheat Biscuit	53
Eggs, a la Creole on Triscuit	66
Eggs, Creamed, with Cheese on Triscuit	65
Eggs, Creamed, on Shredded Wheat Biscuit	49
Eggs, Poached, on Shredded Wheat Biscuit	49
Eggs, Scrambled, on Shredded Wheat Biscuit	49
Eggs, Scrambled, on Triscuit	65
Eggs, Scrambled, with Bacon on Triscuit	65
Eggs, Scrambled, with Cheese on Triscuit	66
Eggs, Scrambled, with Chipped Beef on Triscuit	66
Eggs, Scrambled, with Ham on Triscuit	65
Eggs, Scrambled, with Olives on Triscuit	65
Eggs, Scrambled, with Oysters on Triscuit	64
Eggs, Shirred, in Shredded Wheat Biscuit Baskets	49
Fish Balls with Shredded Wheat	50
Fish Chops with Shredded Wheat	50

Index to Recipes—(Continued)

	PAGE
Fish Warm-Overs on Triscuit	67
Fried Fish or Meat with Shredded Wheat	51
Fricassee Chicken with Shredded Wheat Biscuit	52
Fricassee Oyster Crabs on Triscuit	64
Fruit Pudding, Steamed, with Shredded Wheat	57
Fruit Sandwich of Shredded Wheat Biscuit	58
Fudge made with Shredded Wheat Biscuit	59
Gruel, Shredded Wheat, for Infants and Invalids	50
Hashed Beef on Triscuit	67
Ice Cream made with Shredded Wheat	58
Jellied Apples in Shredded Wheat Biscuit Cups	57
Lobster a la Newburg on Triscuit (No. 1 and No. 2)	61
Lobster in Butter on Triscuit	61
Meats, etc., Creamed on Triscuit	66
Meat Shredded Wheat Pie	51
Mushrooms, Creamed, on Triscuit	67
Mushrooms, in Shredded Wheat Biscuit Baskets	54
Oysters, a la Creole on Triscuit	64
Oysters, a la Newburg on Triscuit	63
Oyster Crabs Fricassee on Triscuit	64
Oysters, Deviled, on Triscuit	63
Oysters, Fricassee, on Triscuit	63
Oyster Kromeskies, on Triscuit	63
Oysters, Plain, on Triscuit	63
Oysters with Scrambled Eggs on Triscuit	64
Oyster Shredded Wheat Patties	53
Oyster Shredded Wheat Pie	51
Oysters Stewed in Milk with Triscuit	64
Pancakes, Shredded Wheat Substitute for	50
Peaches in Shredded Wheat Biscuit Baskets	52
Peach Shredded Wheat Shortcake	55
Peas, Creamed in Shredded Wheat Biscuit Baskets	53
Pineapple in Shredded Wheat Biscuit Baskets	55
Prune Shredded Wheat Pie	57
Prunes, Stewed, with Shredded Wheat Biscuit	56
Rarebit, Cheese, on Triscuit (No. 1, No. 2 and No. 3)	62
Sauce, Deviled, for Triscuit Cookery	61
Sauce, White, for Triscuit Cookery	60
Scrambled Eggs on Triscuit	65
Scrambled Eggs, with Chipped Beef on Triscuit	66
Shortcake, Peach, with Shredded Wheat Biscuit	55
Shortcake, Strawberry, with Shredded Wheat Biscuit	54
Shredded Wheat Apple Charlotte	56
Shredded Wheat Apple Pie	56
Shredded Wheat Asparagus Patties	54
Shredded Wheat Biscuit for Breakfast	49
Shredded Wheat Biscuit with Apple Sauce	56
Shredded Wheat Biscuit with Bananas	55

Index to Recipes—(Continued)

	PAGE
Shredded Wheat Biscuit with Baked Apple	52
Shredded Wheat Biscuit with Chicken Fricassee	52
Shredded Wheat Biscuit with Cream Dried Beef	53
Shredded Wheat Biscuit Basket with Creamed Peas	53
Shredded Wheat Biscuit Cups with Jellied Apples	57
Shredded Wheat Biscuit Dainties	54
Shredded Wheat Biscuit Fruit Sandwich	58
Shredded Wheat Biscuit Gruel for Infants and Invalids	50
Shredded Wheat Biscuit with Peaches	52
Shredded Wheat Biscuit Baskets with Mushrooms	54
Shredded Wheat Biscuit Baskets with Pineapple	55
Shredded Wheat Biscuit with Stewed Prunes	56
Shredded Wheat Biscuit with Strawberries	51
Shredded Wheat Charlotte Russe	58
Shredded Wheat Chicken Patties	52
Shredded Wheat Chicken Pie	51
Shredded Wheat Clam Patties	53
Shredded Wheat Cream Toast	50
Shredded Wheat Fish Balls	50
Shredded Wheat Fish Chops	50
Shredded Wheat Fudge	59
Shredded Wheat Ice Cream	58
Shredded Wheat Meat Pie	51
Shredded Wheat Oyster Patties	53
Shredded Wheat Oyster Pie	51
Shredded Wheat Prune Pie	57
Shredded Wheat Peach Shortcake	55
Shredded Wheat Steamed Fruit Pudding	57
Shredded Wheat Strawberry Shortcake	54
Shredded Wheat Stuffing for Roast Turkey	51
Stewed Oysters in Milk with Triscuit	64
Stewed Prunes with Shredded Wheat	56
Strawberries in Shredded Wheat Biscuit Baskets	51
Strawberry Shredded Wheat Shortcake	54
Stuffing, Shredded Wheat, for Turkey, Chicken, Duck, etc.	51
Triscuit, with Beef Hash	67
Triscuit, with Butter, Cheese or Marmalade	60
Triscuit, Chocolate Dipped	67
Triscuit Confections	67
Triscuit, with Crab Meat a la Newburg	62
Triscuit, with Creamed Eggs and Cheese	66
Triscuit, with Creamed Meats, etc.	66
Triscuit, with Creamed Mushrooms	67
Triscuit, with Creamed Vegetables	66
Triscuit, with Fish Warm-Overs	67
Triscuit, with Lobster a la Newburg (No. 1 and No. 2)	61
Triscuit, with Oysters Stewed in Milk	64
Triscuit, with Plain Oysters	63
Triscuit, with Scrambled Eggs	65
Triscuit, with Welsh Rarebit (No. 1, No. 2 and No. 3)	62
White Sauce for Triscuit Cookery	60
Welsh Rarebit on Triscuit (No. 1, No. 2 and No. 3)	62

Ein vollkommenes Nahrungsmittel für Gesunde und Kranke.

Ganzer Weizen, gesäubert, in Dampf gekocht,
zerfasert, und gebacken.

Motto der Fabrik:

„Die äußere Reinlichkeit ist der innern Unterpfand.“

Zur richtigen Ernährung des Menschen ist ein Nahrungsmittel notwendig, das die nötigen Stoffe zum gesunden Aufbau von Muskeln, Knochen und des Gehirns enthält und solches ist nur dann wirklich nahrhaft, wenn es diese Stoffe in dem Verhältnisse besitzt, wie sie in dem gesunden Körper vorhanden sind. Die Mutter Natur hat für ein solches Nahrungsmittel gesorgt und der Menschheit den Weizen: „den Stab des Lebens“ an den sie sich schon 4000 Jahre gelehnt, gegeben.

Das Weizenkorn enthält alle Stoffe des menschlichen Körpers in fast gleichem Verhältnis zu demselben. Es besitzt mehr Nährwert als Maiskorn, Hafer oder Gerste, und ist auch, wenn richtig zubereitet, verdaulicher.

Praktische Erfahrung, sowie die Wissenschaft hatten schon längst bewiesen, daß das Weizenkorn ein in des Wortes vollster Bedeutung vollkommenes Nahrungsmittel ist. Damit war aber die Frage noch nicht gelöst, wie das Weizenkorn zubereitet werden sollte, so daß alle in ihm vorhandenen Nährstoffe mit Leichtigkeit von dem Magen des Menschen aufgenommen und in gesundes Blut umgewandelt werden könnten. Die Befriedigung von Tausenden von Konsumenten und die Atteste von Aerzten und Sachkundigen haben uns überzeugt, daß wir in dem zerfaserten Ganzweizen (Shredded Whole Wheat) dem Publikum ein Nahrungsmittel bieten können, das nicht nur den Nährwert des ganzen Weizens enthält, sondern auch höchst verdaulich ist: mit einem Wort „ein vollkommenes Nahrungsmittel.“

Bei der Herstellung des Shredded Wheat wird der Weizen zuerst gesäuert und darauf 35 Minuten in einem Dampfkessel weich gekocht; von da gelangt er in eine Maschine, wo er in dünne spinnengewebartige, poröse Fäden zerfasert wird, die dann in kleine Brötchen geformt und gebacken werden.

Die knusperige Eigenschaft der Brötchen erfordert ein gutes Kauen, die erste Bedingung einer richtigen Verdauung. Da die Fasern porös sind, werden sie leicht von dem Speichel und den andern Verdauungssäften durchdrungen und so für den schwächlichsten Magen verdaulich.

Die Brötchen (Biscuits) haben sich bereits auf dem Frühstückstische den Ehrenplatz erworben und schmecken gleich köstlich, ob mit heißer oder kalter Milch oder mit Sahne genossen. In Verbindung mit frischem oder eingemachten Früchten, mit in Milchsauce gekochtem Fleisch oder Gemüsen, können besonders schmackhafte und zuträgliche Speisen angerichtet werden.

Das Triscuit oder Weizenplätzchen vertritt den Cracker, und ist, geröstet und mit Butter, Käse oder Marmelade serviert, ein ausgezeichneter Ersatz für geröstete Brotschnitte. Triscuit ist das geeignete Nahrungsmittel des modernen Haushalts, und bei Picnics und Ausflügen, auch auf Reisen zu Wasser und zu Land, unentbehrlich.

Das Shredded Wheat Biscuit und Triscuit werden in einer Fabrik hergestellt, die an Reinlichkeit und hygienischer Einrichtung ein Muster ist. Unsere Fabrik liegt im Centrum des Residenzdistriktes von Niagara Falls, der sich, fern vom Rauch und Schmutz der Fabriken und Eisenbahnen, den Stromschnellen des Niagara entlang erstreckt, und ist eine Sehenswürdigkeit der Stadt. 100,000 Besuchern wird dort jährlich der Werdegang vom Weizenkorn zum Brötchen vor Augen geführt.

Das Shredded Wheat Biscuit hat sich nicht nur den Frühstückstisch am Frühstückstische erobert, sondern es findet auch bei der Zubereitung von vielen leckeren und wohlgeschmeckten Gerichten Verwertung.

Die Rezepte für einige der einfacheren Gerichte, die in diesem Kochbüchlein abgebildet sind, sind im Folgenden gegeben.

Shredded Wheat Biscuit mit Milch oder süßer Sahne.

Durchwärm das Biscuit im Ofen, bis es wieder recht knusperig ist, lege es in eine Schale oder Schüsselchen und gieße heiße Milch über. Setze etwas süße Sahne zu, Salz und Zucker nach Geschmack. Anstatt heißer kann auch kalte Milch verwendet werden.

Erdbeeren in „Shredded Wheat“ Körbchen.

Reinige die Erdbeeren wie gewöhnlich. Drücke mit einem Theelöffel eine längliche Deffnung oben in das Biscuit und höhle dasselbe aus, so daß nur noch eine Schale bleibt. Durchwärme diese Biscuitschale im Ofen, fülle sie mit Erdbeeren und serviere mit Milch oder Sahne; Zucker nach Geschmack. Himbeeren und Brombeeren werden auf dieselbe Weise serviert.

Pfirsiche in „Shredded Wheat“ Körbchen.

Schäle und schneide die Pfirsiche wie gewöhnlich. Mache ein Biscuit-Körbchen wie oben und durchwärme kurz vor Gebrauch. Fülle mit Pfirsichscheibchen und serviere mit Milch oder Sahne; Zucker nach Geschmack. Auf diese Weise können auch Bananen, Ananas (pineapple) und andere frische, gekochte oder eingemachte Früchte serviert werden.

Gebackene Äpfel mit „Shredded Wheat.“

Durchwärme das Biscuit im Ofen. Lege gebakkenen Apfel und Biscuit in eine Schüssel wie auf Abbildung und gieße Milch oder Sahne über; Zucker nach Geschmack. Oder man mache ein Biscuit-Körbchen wie oben, nehme die Haut vom gebakkenen Apfel ab, lege ihn in die Deffnung im Biscuit und serviere mit Milch oder Sahne; Zucker nach Geschmack.

Austern, Fleisch oder Gemüse in Milchsauce mit „Shredded Wheat Biscuit.“

Mache das Biscuit-Körbchen wie oben, durchwärme es im Ofen und fülle mit in Milchsauce zubereiteten Austern, Fleisch oder Gemüse. Rezepte für die letzteren sind in diesem Kochbüchlein zu finden.

Triscuit — „the Shredded Wheat Toast“

Mit Butter, Käse oder Marmelade.

Durchwärme das Triscuit, bis es wieder recht knusperig ist und belege es mit Butter, Käse oder Marmelade, wie gewöhnliche Brotschnitte. Triscuit ist besonders schmackhaft als Beilage mit Spiegeleiern, Rühreiern, welsh rarebit, Hummer à la Newburg, und kann überhaupt beim Gabelfrühstück und bei allen "chafing-dish" Gerichten glücklich verwertet werden.

LA NOURRITURE POUR LA SANTÉ

Et Pour la Force “Le Blé Naturel,” Nettoyé, Cuit a la Vapeur,
Filé et cuit au-four dans l’Usine la plus Élegante, Man-
ufacture d’ Alimentation la plus Hygienique
du Monde Entier

L’expérience humaine combinée à la science diététique ont prouvé que le blé au naturel est l’alimentation la plus parfaite donnée au genre humain par cela même, la question est soulevée : “ Comment devons nous préparer ce Blé naturel afin que ses qualités puissent être consommées, et a se transformer en Tissus Salutaires “ Os et Cerveaux ? ”

Expérimentations de bien des centaines-de-Mille Personnes combinées aux Témoignages de Médecins et d’Experts scientifiques au régime diététique et alimentaire ont prouvés que dans le Blé naturel, filé nous avons une alimentation qui contient tous les éléments nutritifs que renferme le Blé entier et préparé dans sa forme la plus digeste et c'est pour cette raison qu’elle est l’Alimentation la plus saine, la plus naturelle, et la plus parfaite !

Pour la préparation du “Blé file” on procéde dabord à le nettoyer bien proprement, puis on le cuit à la Vapeur, de là il passe a travers des Machines qui éffilochent ces graines cuites en “ cordons minces,” “membraneuses et poreuses”; apres çela ces “Cordons” au Ficelles de Blés, sont dressés en formes de Biscuits et cuites au four.

Le croquant, de ces files de Blé forcent à la mastication obligatoire et complète et qui par cet effet devient la première procedure à la digestion.

Etant très poreuses ces “ficelles de blé” sont facilement et promptement pénétrées par la salive, et d’autres fluides digestifs, et par çela même l’Estomac le plus délicat et le plus récalcitrant les reçoit et les digère aisement et librement.

Le Biscuit est le “déjeuner au céréale” par Excellence et universel, il est délicieux soit avec du lait, ou de la crème, et beaucoup de Mets sain et de bon goût en sont confectionnés, soit avec des fruits de toutes espèces, soit frais, cuits, au en conserves, ou bien avec de Viandes au de Légumes à la Crème.

“Le Triscuit” (au blé filé) et qui substiute le “Diablotin” ou “craker à la farine au froment,” et lorsqu'il est employé comme “Pain grillé” (toast) il remplace ce dernier soit comme Tartine au beurre, au fromage, marmelade, au aux Confitures.

C'est en même temps un met favorit pour les Habitants de Maison d'Etage ("Flat Houses") au de Chambres garnies, pour des parties en Campagne en Campagne en Campement, pour des fêtes Champêtres, pour les Excursions sur Terre et sur Mer.

Les Biscuits et Triscuits au "Blé filé" sont fabriqués dans l'Etablissement alimentaire le plus salubre, le plus élégant et le plus "hygienique" et "unique" au Monde entier. Cette Manufacture colossale et grandiose est un des points principaux et une des "places d'Exposition" des Chutes du Niagara le mieux situé dans la région et au Centre des Résidences de familles privées, faissant face au Courrants des fameux Rapides, de la Rivière du Niagara, bien éloignée de la fumée et de la poussière des manufactures de tout genres et des Chemins-de-fer. Près de 100,000 Personnes passent annuellement dans cet Etablissement pour le visiter et inspecter les Procédés à effilocher le Blé Naturel.

Nous donnons ci-dessous une partie de Recettes pour faire des Mets simples, et qui se Trouvent toutes illustrées et en Couleurs dans ce livre.

RECETTES

BISCUIT "SHREDDED WHEAT," "AU LAIT," AU À "LA CRÊME"

Chauffez bien le Biscuit au four pour lui rendre sa qualité croustillante ; placez le dans une sous-Coupe, au dans un Bol, et versez du lait Chand par dessus, et en même temps un peu de crème sur la surface du Biscuit, une pincée de sel, au sucrez le selon votre goût—si l'on préfère, le lait chand peut être remplacé par du Lait froid.

FRAISES EN CORBEILLE AU "SHREDDED WHEAT"

Preparez des Fraises comme à l' ordinaire, incisez une entaille oblongue dans le dessus du Biscuit à l'aide d'une cuillière à Thé enlevez les filaments intérieurs du Pannier ou de la Croustade ; Chauffez au Four ce "Pannier en Biscuit," remplissez le avec les Fraises dans leur Jus, et servez, soit avec au Lait, au de la Crème sucrez à votre goût. Les Framboises, les Mûres peuvent être employes de cette même maniere.

PANNIER AUX PÊCHES AU BLÉ FILÉ

Epluchez et coupez les Pêches comme pour les servir ordinairement ; préparez en même temps les Panniers au Biscuit de Blé, comme il a été décrit ci-dessus, et chauffez les bien au Four un moment avant de les servir, emplissez les avec vos Pêches découpées et avec leur Jus ; servez les soit avec du Lait, ou avec de la crème sucrée d'après votre Goût.

Les Bananes, l'Ananas, et autres Fruits découpés soit frais, en Compôte, ou en Conserves peuvent être employés de la même manière avec les Biscuits au Blé Filé.

POMMES D'ARBRE CUITES AU FOUR AU “SHREDDED WHEAT”

Chauffez au Four votre Biscuit pour lui rendre son Croquant ; placez la Pomme d'Arbre cuite, dans le Biscuit comme il est démontré dans notre Illustration, versant du Lait au de la crème sur les deux et sucrez à votre convenance. Ou bien faites un Pannier à Biscuit comme il est dit plus haut, enlevez la Croute superficielle du dessus et placez dans cette cavité du Biscuit la Pomme Cuite, et en versant du lait, au de la crème par dessus et finissant par sucer d'après votre goût.

HUITES À LA CRÈME, VOLAILLE, VIANDES OU LÉGUMES À LA CRÈME AUX BISCUIT FILÉ

Faites un Pannier de Biscuit comme il est enseigné plus haut, et après l'avoir Chauffé au Four pour lui rendre son Croquant, emplissez le avec une Garniture d'Huitres à la Crème, au avec de la Volaille émincée et à la crème, au toute autre Viande, ou Legumes préparés de même comme il est indiqué dans ce Livre.

TRISCUIT, LE PAIN GRILLE AU BLÉ FILE, AU BEURRE, AU FROMAGE, À LA CONFITURE, AU À LA MARMELADE

“Chauffez bien le Triscuit au four, pour lui rendre son Croustillant naturel, usez le comme un Gateau patissier” (Wafér), ou en place de Pain grillé, étalé, soit avec du Beurre frais, du Fromage, au des Confitures, au de la Marmelade quelconque, ils peuvent de même être servis avec de Rafraîchissements.

Le Triscuit peu aussi servir de base à bien des Mets et de friandises, tels que :

Oeufs “pochés,” Brouillés, farcis” sur Croûton, demême aussi pour la croûte au fromage, Homard à la Newburg, et principalement pour toutes sortes de Combinaisons à être servis au Réchaud (“Chafing Dish”).

Shredded Sermons

PITHY POINTERS ABOUT "THE WORLD'S STANDARD CEREAL FOOD" FOR THOSE WHO ARE TOO BUSY TO READ BOOKS ON DIETETICS

Shredded Wheat is the whole wheat, cleaned, steam-cooked, drawn into fine porous shreds and baked.

These porous shreds are quickly penetrated by the digestive fluids and hence are readily assimilated. The crispness of the shreds also induces thorough mastication and insalivation, which is the first process in digestion.

These shreds contain all the elements for the complete nourishment of the perfect human body—for the making of healthy tissue, sound teeth, strong bones, good brain.

Shredded Wheat contains no yeast, baking powder, fats or chemicals. It is not "flavored" or "treated" or "compounded" with anything. Just pure, clean, whole wheat, steam-cooked, shredded and baked.

Shredded Wheat is not a "pre-digested" food. It is a ready-to-digest food. It strengthens the stomach by making it do its work.

It promotes "bowel exercise" and keeps the intestinal tract in a healthy condition.

You can grind up any old thing and call it a "breakfast food," but you can't make Shredded Whole Wheat that way; only perfect whole grains of wheat are used.

You can do things with Shredded Wheat you cannot do with other cereal foods because it is the only "breakfast food" made in Biscuit form. It is delicious with fresh or preserved fruits, or creamed meats, or creamed vegetables.

Doctors and dietetic authorities are agreed that all cereals must be steam-cooked in order to make the starch that is in them soluble and digestible. In making Shredded Wheat the whole wheat is thoroughly steam-cooked, then shredded and twice baked.

“Come and See”

THE PROCESS OF MAKING SHREDDED WHEAT BISCUIT AND TRISCUIT IS OPEN TO THE WORLD. GOVERNMENT INSPECTION IS GOOD, BUT PUBLIC INSPECTION IS BETTER—WE INVITE BOTH.

The persistent demand for a law that would protect the people from impure and adulterated foods, which led to the enactment of the Federal Pure Food Law, has aroused public interest in the food question and in the conditions under which the various food products are made. Before buying a “breakfast food,” or any other food, consumers are now asking: “Where, and how is it made?” “Is it clean?” “Is it pure?” “Is it nutritious?”

To all of these questions the manufacturers of Shredded Wheat answer, *“Come and See.”*

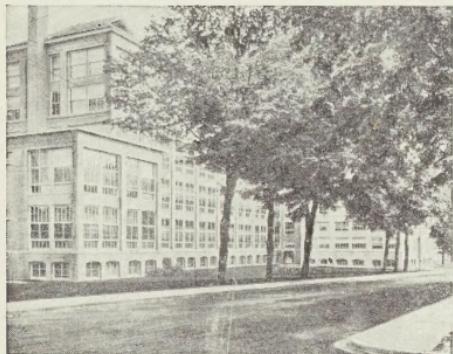
Every detail in the manufacture of Shredded Wheat products is open to public inspection all the year 'round. The Company invites you to visit its plant at Niagara Falls and furnishes free guides to show you through “The Home of Shredded Wheat,” the finest, cleanest, most hygienic food factory in the world. There is no “secret process.” No step in the manufacture is hidden from view; no department is concealed.

How many food factories in this country, or any other country, can afford to make this offer?

But a food might be very clean and pure without being very nutritious. A food might be clean and pure without even being digestible. Shredded Wheat is not only clean and pure, but it contains more real nutriment, pound for pound, than beefsteak or eggs.

It is the shredding process which makes Shredded Wheat the most easily digested and hence the most nutritious of all cereal foods. The process is unique. If you could see this process from the raw wheat to the finished product you would never eat any other cereal food. *“Come and See.”*

VIEWS IN AND ABOUT
“THE HOME OF SHREDDED WHEAT”



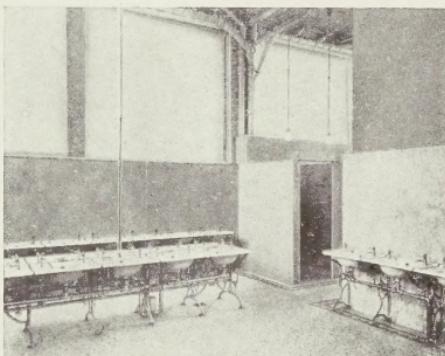
WEST LAWN



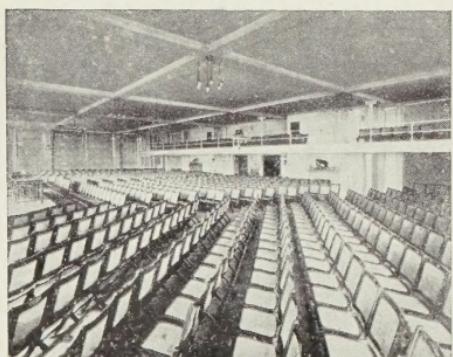
RÉCEPTION ROOM



GIRLS' DINING ROOM



ONE OF THE TWENTY-TWO WASH ROOMS

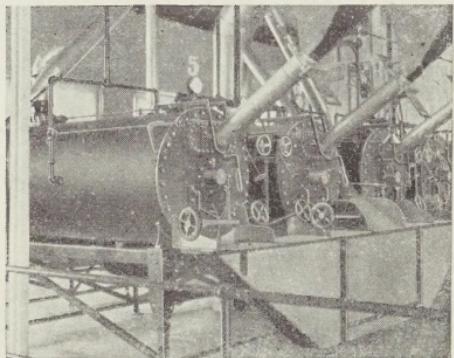


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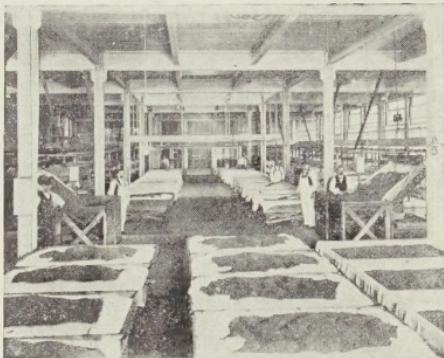


VIEW FROM ROOF

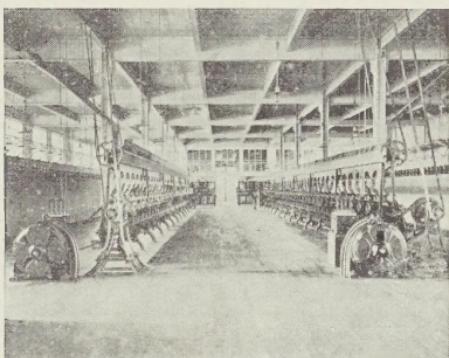
INTERIOR VIEWS OF
"THE HOME OF SHREDDED WHEAT"



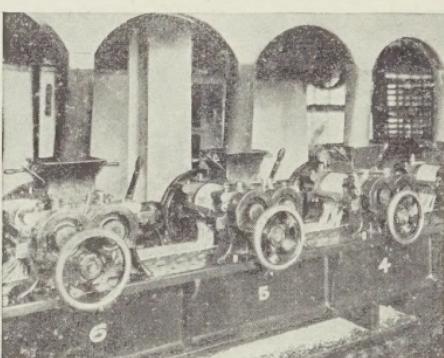
COOKING ROOM



DRYING ROOM



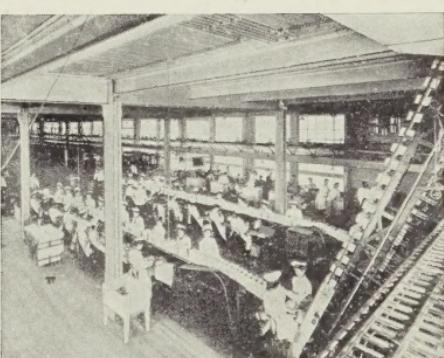
SHREDDING MACHINES



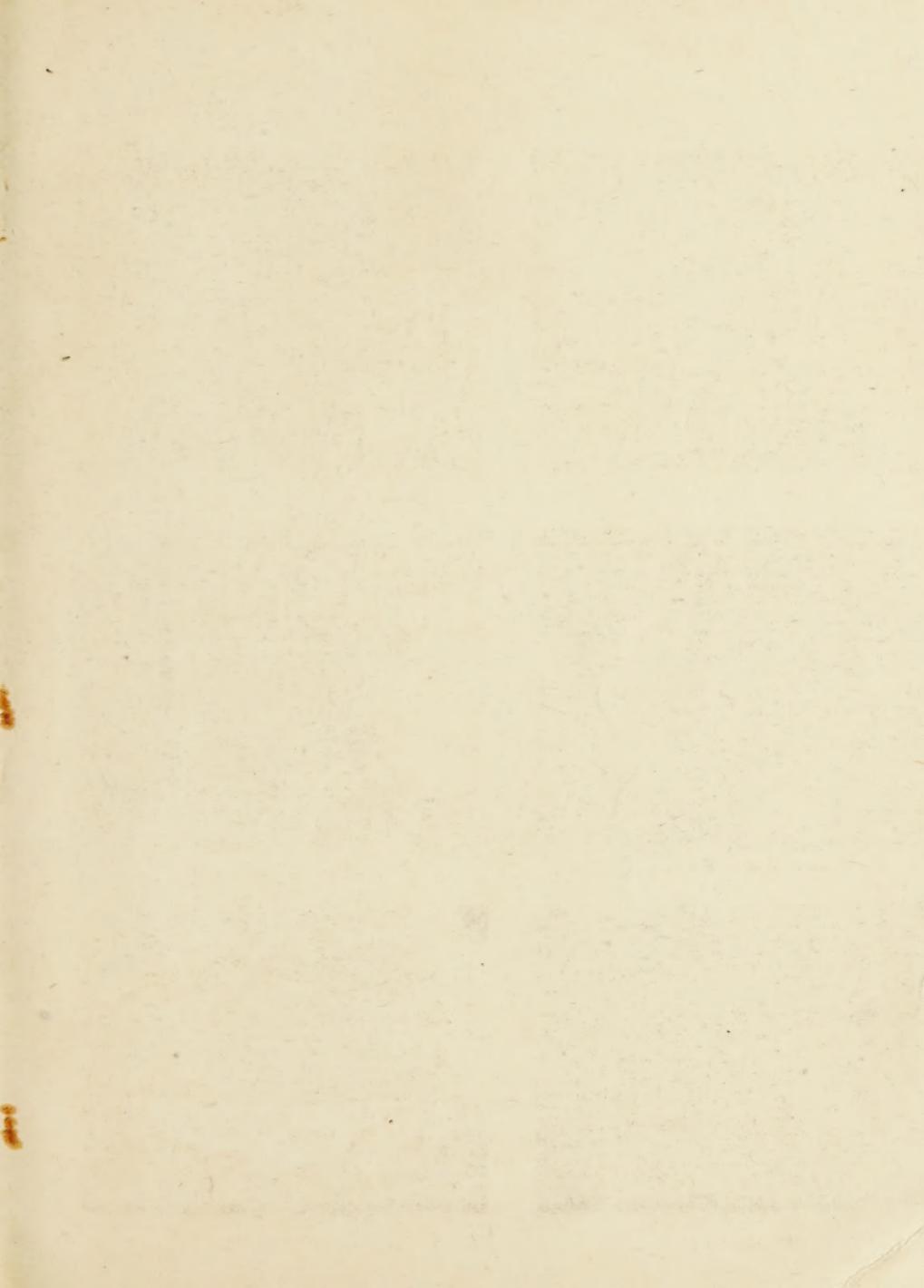
DETAIL OF SHREDDERS



BAKING OVENS



PACKING TABLES



THE VITAL QUESTION

